IPI officials threatened with jail time if...PAGE 2
Four travelers test positive. PAGE 3

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Hafa Adai!

Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER

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40 more years for Hyatt

By BEA CABRERA
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CORRESPONDENT

Several years of negotiations between Hyatt Regency Saipan and the CNMI government finally boiled down to a signing ceremony last Friday at the hotel's Miyako restaurant, with Hyatt agreeing to a new 40-year lease that solidifies the continued presence of the Hyatt brand in the Commonwealth.

Hyatt Regency Saipan general manager Nick Nishikawa signed the lease on behalf of Kobe Portopia Hotel Corp., which owns the Hyatt brand in the CNMI, while the CNMI government side was repre-

See 40 MORE on Page 4

Gov. Ralph DLG Torres, seated second from right; Lt. Gov. Arnold I. Palacios, seated rightmost; Hyatt Regency Saipan general manager Nick Nishikawa, seated second from left; and Department of Public Lands Secretary Sixto K. Igisomar, seated leftmost, are joined by Hyatt Regency Saipan management and staff at the lease renewal signing ceremony last Friday at the Miyako Restaurant. Hyatt Regency Saipan has a new lease of 40 years starting Jan. 1, 2022

BEA CABRERA

Court finds IPI in contempt anew

By KIMBERLY A. BAUTISTA
kimberly_bautista@saipantribune.com
REPORTER

The U.S. District Court for the NMI has found Imperial Pacific International (CNMI) LLC

See COURT on Page 4

Early voting starts smoothly

3,613 registered voters for Precinct 3; polling place opens today

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

The seven-day early voting for the special election started smoothly last Saturday at the Pedro P. Tenorio Multi-Purpose Center in Susupe.

As of 3:10pm Saturday, 188 persons have already voted for either Corina L. Magofna of the NMI Democratic Party, or for Grace

See EARLY on Page 4

Nobel Peace Prize awarded to journalists Ressa and Muratov

By VLADIMIR ISACHENKOV, KIKO ROSARIO and VANESSA GERA
ASSOCIATED PRESS

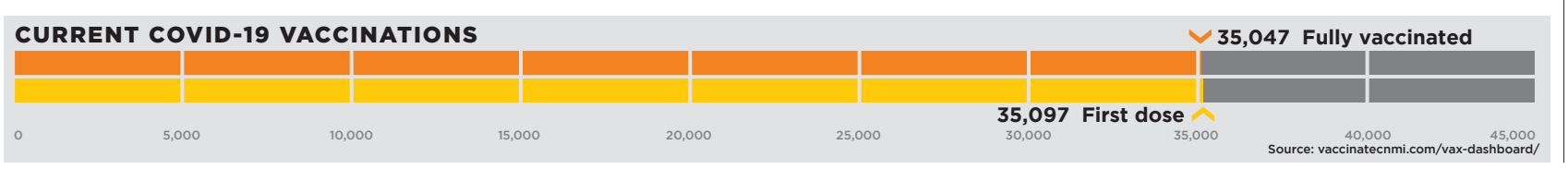
MOSCOW (AP)—Journalists Maria Ressa of the Philippines and Dmitry Muratov of Russia won the 2021 Nobel Peace Prize on Friday for their fight for freedom of expression in countries where reporters have faced persistent attacks, harassment and even murder.

Ressa

Muratov

Ressa and Muratov were honored for their "courageous" work but also were considered "representatives of all journalists who stand up for this ideal in a world in which democracy and freedom of the press face increasingly adverse conditions," said Berit Reiss-Andersen, chair of the

See NOBEL on Page 4



AT A GLANCE

As of 6:19pm, Oct.10, 2021

VACCINATIONS IN THE CNMI

Eligible Population Fully Vaccinated: **82.7%**

Days since last community transmission: **200**

Pfizer/BioNTech	
Initiated:	30,217
Fully Vaccinated:	29,558
Moderna	
Initiated:	4,880
Fully Vaccinated:	4,671
Janssen	
Fully Vaccinated:	818

GUAM	OLD	NEW	TOTAL
Positive	15,927	131	16,058*
Recovered	13,140	43	13,183*
Active	2,532	131	2,663*
Deaths	210	2	212*

SAIPAN	OLD	NEW	TOTAL
Positive	273	4	277
Traced via Travel Screening	236	4	240
Traced via Community Screening	37	0	37
Deaths	3	0	3

*As of Oct. 8, 2021

Source: Joint Information Center - Guam, Commonwealth Healthcare Corp., https://www.vaccinatecnmi.com/vax-dashboard/

INSIDE

LOCAL

CNMI Office of Vocational Rehabilitation honored last Oct. 1 several CNMI employers.

PAGE 6

LOCAL

The Senate confirms for renominations to the Commonwealth Ports Authority board.

PAGE 7

LOCAL

The CNMI community is invited to join the Joeten-Kiyu Public Library's Book-a-Treat.

PAGE 12

SCAN ME WITH A COMPATIBLE QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.

GOT A NEWS TIP? TEL: 235-6397 / 235-2440 FAX: 235-3740 EMAIL: editor@saipantribune.com

October is Domestic Violence Awareness Month.
Contact NMCADSV at **info@EndViolenceNMI.org**, or via @EndViolenceNMI

Purple

WAVE, WALK & ROLL
AGAINST DOMESTIC VIOLENCE

FREE #DVAM t-shirts for participants*

4:30 PM - Registration Opens
*Free #DVAM t-shirts will be given out while supplies last.
5:15 PM - Roadside Waving
5:30 PM - Walk & Roll
6:30 PM - Candlelight Vigil

THURSDAY, OCT. 21 at 4:30PM
at NMI MUSEUM (across Sugar King Park)

Candlelight Vigil
Join us at **6:30pm** to light a candle to remember victims we lost to domestic violence after the Purple Wave, Walk & Roll Against Domestic Violence.

RAISE AWARENESS AND REMEMBER THE 3 W'S
WEAR A MASK.
WASH YOUR HANDS.
WATCH YOUR DISTANCE.

This project is supported by Grant No. 2001MPSDVC awarded by the Administration for Children and Families, US Department of Health and Human Services. The opinions, findings, conclusions, and recommendations expressed in this publication/proposal/exhibitions are those of the author(s) and do not necessarily reflect the view of the US Department of Health and Human Services, Administration for Children and Families.

Local

IPI officials threatened with jail time if…

By KIMBERLY A. BAUTISTA
kimberly_bautista@saipantribune.com
REPORTER

The U.S. District Court for the NMI has warned Imperial Pacific International (CNMI) LLC and its executive officials that if they continue to defy court sanctions and continue their habit of non-compliance, its officials, specifically IPI directors, executives, and officers, will be jailed for three days.

Following a show-cause hearing for a previous motion filed by Bruce Berline, the lawyer of a former IPI employee, Joshua Gray, who filed a discrimination suit against IPI, Chief Judge Ramona Manglona entered findings of contempt again against IPI for failure to pay the sanctions ordered in favor of Gray, and for failure to comply with discovery orders.

Berline

Manglona ordered IPI to pay in full the $19,616.25 ordered by the court in a previous sanction no later than Oct. 14. If IPI fails to comply with this order, its officials, including, but not limited to, chief executive officer Ray Yumul and vice president for public affairs Tao Xing face possible jail time.

"Deadline for defendant IPI to pay plaintiff in full is next week Thursday, Oct. 14, by 8am. Court gave notice to IPI and its officers that they will be held responsible and subject them to further sanctions, and failure to purge contempt will result in a three-day jail sentence," Manglona stated.

Manglona

The court further ordered IPI to attend next week's receivership hearing where the court is set to appoint a receiver.

Last month, Berline filed a motion requesting the court to issue an order to show cause against IPI for violating the court's order. Berline stated in his motion that over the span of more than one year, IPI has disobeyed multiple discovery orders resulting in the court finding IPI in contempt twice.

"IPI's refusal to comply with its discovery obligations as well as the court's orders has resulted in extreme prejudice to the plaintiff including serious, inexcusable delay, lost evidence and the ever-increasing lost opportunity to ever collect on a judgment," Berline said.

"Despite that obvious notice to IPI of its delinquency, IPI still has not paid plaintiff the $19,616.25 ordered by this court. IPI has not made even a partial payment to plaintiff or contacted plaintiff's attorneys to discuss its delinquent payment," Berline added.

The lawyer said that, because of IPI's failure to obey orders without justification or explanation, he was forced to ask the court on behalf of his client to issue an order to show cause why an order should not be entered that holds IPI in contempt for failing to comply with court orders.

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Torres says CCC's request for $1M 'not urgent'

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

» **Governor says they are now looking at viability of casino industry**

Gov. Ralph DLG. Torres said Friday that the request of the Commonwealth Casino Commission to appropriate $1 million to the CCC from the annual casino license fee that Imperial Pacific International (CNMI) LLC paid two years ago is not an urgent matter.

In response to a question during his radio press briefing about CCC's request for $1 million budget to avoid the commission's shutdown by April 2022, Torres said the administration will take it one step at a time and has to look at the viability of the casino industry. He said they will be communicating with CCC executive director Andrew Yeom as well as the CCC board on how the casino industry can move forward in the next six to eight months.

"I don't think it's urgent to put a million dollars right now into the [CCC]," Torres said.

Last month, CCC board chair Edward C. DeLeon Guerrero and Yeom asked Torres and Saipan and Northern Islands Legislative Delegation chair Sen. Vinnie Vinson F. Sablan (R-Saipan) for assistance in allocating and appropriating $1 million from funds available to the 3rd Senatorial District (Saipan and Northern Islands) from the 2019 annual casino license fee. DeLeon Guerrero and Yeom said the $1 million will cover CCC's expenses for five months, from May to September 2022. They pointed out that since IPI failed to pay its 2020 casino regulatory fee, CCC continues to suffer from a severe budget shortfall.

Last Oct. 4, Torres informed the Legislature that $8 million out of the $15 million of the sixth-year casino license fee that IPI paid to the government two years ago is available for appropriation.

Torres said $1 million is available for appropriation to the First Senatorial District or Rota, $1 million to the Second Senatorial District or Tinian and Aguiguan, and $6 million to the Third Senatorial District or Saipan and Northern Islands.

The governor said the appropriation of $6 million for the Third Senatorial District of Saipan will be allocated as follows: $2 million for the Sugar Dock construction and repair, $1 million for the Northern Marianas College, $750,000 for Precinct 1, $750 for Precinct 3, $750,000 for Precinct 4, and $750,000 for Precinct 5.

Torres said Friday that he believes that they should continue to look at other options such as the proposal for an e-gaming industry. "Maybe that's something that we can look into, or perhaps just seeing how we can maximize CCC's role, whether to start monitoring the poker industry and some of the amusement activities," Torres said.

Yeom earlier disclosed that based on his study and market research, if the Legislature can pass an internet gaming bill this year, his projection is that the CNMI will generate $28.14 million in gross gaming revenue in 2022 alone.

Rep. Joseph Lee Pan T. Guerrero (R-Saipan) has filed House Bill 22-47 that will allow senatorial districts to establish and regulate internet gaming. From 39 employees last May, CCC's number of employees has dwindled to 12 due to the termination of several employees as a result of budget constraint and resignation of others.

Yeom recently filed four complaints against IPI, each of them seeking the immediate revocations of IPI's exclusive Saipan casino license, for alleged unwillingness to comply with CCC's final order in four enforcement actions that were entered over five months ago.

Four travelers test positive

By JOSHUA SANTOS
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REPORTER

Four incoming travelers have tested positive, bringing the CNMI's total to 277. In Guam, the Joint Information Center announced last Friday the island's two most recent COVID-19-related deaths, bringing Guam's total to 212.

The Commonwealth Healthcare Corp. said Friday that the four new cases were identified by travel screening and confirmed positive through fifth-day and arrival testing on Oct. 7. The individuals have been quarantined and are being actively monitored, and CHCC's contact tracing team has already reached out to those in most immediate contact with the four travelers. CHCC also reported that there are currently no active COVID-19-related hospitalizations in the CNMI.

The JIC in Guam reported the island's 211th and 212th COVID-19-related deaths: an unvaccinated 73-year-old female with underlying health conditions and a 39-year-old fully vaccinated male with underlying health conditions.

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NMI-33

CNMI Judiciary celebrates Commonwealth Cultural Day

By JOSHUA SANTOS
joshua_santos@saipantribune.com
REPORTER

Ahead of Commonwealth Cultural Day today, the CNMI Judiciary celebrated and showcased the CNMI's culture last Friday with an event at the Guma Hustisia in Susupe. On Friday, visitors to the courthouse were treated to displays of traditionally-made arts and crafts and samples of local delicacies.

Justice John A. Manglona said the event was spearheaded by the Judiciary's judicial assistants and that the event—which was the first of its kind at the Judiciary—will now be a yearly event moving forward. Manglona also highlighted the importance of celebrating the many nationalities and cultures present in the Judiciary's staff and the CNMI as a whole.

"Today's a beautiful day. It's a celebration of cultures. We do not only recognize Carolinian and Chamorro cultures but [also] cultures of other countries. ...Our staff is very diverse, [and] we're proud to say that the Judiciary is made up of a diverse group of people," said Manglona.

Chief Justice Alexandro C. Castro said it is important for everyone to occasionally look back and keep in touch with their cultures, adding that the CNMI's judges, Guam's judges, and other judges in the Micronesia region also discuss cultures and their identities during judicial conferences.

"We have to know where we are today to know where we're going tomorrow. You have to look back and ask yourself, 'Where did I come from?' and that's culture. Culture is still thriving [in the CNMI] because we have not lost our identities," said Castro.

Invited to participate in last Friday's event at the courthouse were members of the Commonwealth Council for Arts & Culture and the NMI Museum of History and Culture.

40 MORE

From Page 1

sented by Gov. Ralph DLG Torres, Lt. Gov. Arnold I. Palacios, and Public Lands Secretary Sixto K. Igisomar.

The signing of the new lease also short-circuits the expiration of the original Hyatt lease in December this year.

According to Torres, the process of the Hyatt lease renewal, which he described as "monumental," is a testament of how the government and private sector can work together for the benefit of the community. "This morning is very sentimental for all of us. …This collaboration between the government and the private sector is beneficial to all of us," he said.

Torres recognized the work of former DPL secretary Marianne Concepcion-Teregeyo, who was involved in the negotiations with Hyatt while "carefully following guidelines," current DPL Secretary Igisomar for "finishing the race," the Office of the Attorney General for "constantly making sure that every word is done right," both the CNMI Senate and House of Representatives for being "at the forefront of issues regarding public lands," and Hotel Association of the Northern Mariana Islands chair Gloria Cavanagh "for constantly helping the CNMI's tourism industry."

Nishikawa, who has been Hyatt Regency Saipan's general manager for 13 years, said he and his staff are simply happy that the lease renewal has finally been signed. He also delivered a message from Kobe Portopia Hotel Corp. president and owner Hitoshi Nakauchi that conveyed a message of excitement and hope.

"I am very excited that the land lease had been extended by the CNMI government through the DPL for another 40 years. Thirty years ago, Portopia took over the responsibility of ownership of Hyatt Regency Saipan and we have enjoyed for many years welcoming people from all around the world to this beautiful island. Unfortunately, COVID-19 has caused so much suffering…," Nakuchi said "…Now we are seeing the world begin to open and connect once again. The return to pre-COVID days will be slow and difficult and we would like to offer any assistance that will help lift the people and the island. I look forward to the day when flights between Tokyo and Saipan [will] return. We will to continue to encourage the people in Japan to visit Saipan for them to be able to meet the wonderful people of the island and experience its natural beauty."

The lease renewals of hotels on public lands were a challenge for both government and hotel owners because legislative action and new procedures from DPL were needed to effect responsibilities that are in tune with current times since many of the contracts were entered into in the early 1980s and updated procedures needed to be allotted to new players or investors who were also coming in to bid on expiring leases.

According to *Saipan Tribune* archives, initial action on Hyatt's lease renewal, together with other hotels situated on public lands, started in 2013. In March 2016, former DPL secretary Pedro A. Tenorio came out with two "alternative" lease agreements: first, by allowing the hotels to get an extension on a portion of public land that is currently being leased; and second, to allow the hotels to terminate their respective leases and apply for another long-term lease. both of which should undergo legislative approvals.

In 2017, then-Senate President Arnold I. Palacios (R-Saipan) took action and authored Senate Bill 20-35 that extends the lease terms of public lands from 25 years to 40 years and would allow an extension of 15 years for a total of 55 years."

In Dec 31, 2018, S.B. 20-35 was signed into law by Torres and became Public Law20-84. With legislative action done and a law in place, DPL and Hyatt went back and forth on negotiations and two years later, the final contract was signed on Oct. 4, 2021 and thus, the public announcement last Friday.

With Hyatt's lease renewal, there are now two international hotel brands on Saipan, the other one being the Crowne Plaza Resort (the former Fiesta Resort & Spa Saipan).

Hyatt's current lease will expire on Dec. 31, 2021, and the new lease will take effect on Jan. 1, 2022. The area is composed of approximately four hectares or a little bit over 40,000 square meters. As part of the new lease requirements, Hyatt is required to improve the hotel and bring it up to par with current Hyatt standards and total improvements. This is estimated to cost $45 million.

"This is important to DPL and the CNMI as part of our tourism enhancement efforts," said Igisomar.

He said the rental rate is about 0.5% base rent, the value of the appraised value of the properties, which is about $50 million, plus or minus, an additional rent of 1% of their business gross receipts, and a security deposit of $250,000.

A part of Hyatt Regency Saipan's commitment is a contribution of $1.5 million to a community benefit fund to be apportioned as follows: $500,000 allotted to homestead infrastructure; $500,000 allotted to Garapan revitalization projects, $200,000 allotted for scholarship of Northern Marianas descent students and $300,000 to promote traditional arts and culture.

"It's really a blessing for the people of the CNMI that Hyatt wants to continue putting their investment here," said Torres. "We look forward for a stronger relationship and friendship. …To other private partners, we encourage you to come to the CNMI. You will see that we have a strong partnership within the government and the private sector. This is the right place to make an investment."

NOBEL

From Page 1

Norwegian Nobel Committee.

Ressa in 2012 co-founded Rappler, a news website that the committee noted had focused critical attention on President Rodrigo Duterte's "controversial, murderous anti-drug campaign" in the Philippines.

She and Rappler "have also documented how social media is being used to spread fake news, harass opponents and manipulate public discourse," it said.

Muratov was one of the founders in 1993 of the independent Russian newspaper Novaya Gazeta, which the Nobel committee called "the most independent newspaper in Russia today, with a fundamentally critical attitude towards power."

"The newspaper's fact-based journalism and professional integrity have made it an important source of information on censurable aspects of Russian society rarely mentioned by other media," it added, noting that six of its journalists were killed since its founding.

Ressa, the first Filipino to win the peace prize and the first woman to be honored this year with an award by the Nobel committee, was convicted last year of libel and sentenced to jail in a decision seen as a major blow to press global freedom.

Currently out on bail but facing seven active legal cases, Ressa, 58, said she hopes the award will bolster investigative journalism "that will hold power to account."

"This relentless campaign of harassment and intimidation against me and my fellow journalists in the Philippines is a stark example of a global trend," she told The Associated Press.

She also pointed to social media giants like Facebook as a serious threat to democracy, saying "they actually prioritized the spread of lies laced with anger and hate over facts."

"I didn't think that what we are going through would get that attention. But the fact that it did also shows you how important the battles we face are, right?" she said.

"This is going to be what our elections are going to be like next year. It is a battle for facts. When you're in a battle for facts, journalism is activism."

EARLY

From Page 1

"Pitu" Sablan Vaiagae of the NMI Republican Party. Supporterrs of both candidates were camped out across the road from the Multi-Purpose Center.

Elizabeth Tomokane, 1994 Miss CNMI Universe, was among the early voters. She said she decided to vote early to avoid the crowd.

"It's good, it's very fast," she said about the early voting process.

Without naming the candidate that she voted for, Tomokane said she gives her a chance to be a part of the decision-making to represent them—the constituents.

"Hopefully she can do a better job than what the others are doing," she added.

The special election is being held to fill the House of Representatives Precinct 3 seat left vacant by the sudden passing of representative Ivan A. Blanco last July 23.

For the early voting, the voting hours will be from 8:30am to 4pm. Early voting, which will end on Oct. 15, includes Sunday and even today, Monday which is a Cultural Day holiday, according Commonwealth Election Commission executive director Kayla S. Igitol.

Igitol said Saturday there are 3,613 voters for Precinct 3 and that they already mailed out forms for 39 absentee voters.

She said those absentee ballots have to be at the U.S. Postal Office by election day on Oct. 16.

Igitol said they printed 3,900 ballots.

The executive director said the commissioners will tabulate the votes manually at the Pedro P. Tenorio Multi-Purpose Center.

"We hope to get the results before midnight or at least 11:30pm [on Oct. 16]," Igitol said.

The executive director said they have not encountered major challenges so far as the election is very smooth.

Igitol urged Precinct 3 voters to exercise their right to vote. "We're up to par with COVID-19 guidelines. We sanitize everything," she said.

The executive director said voters have seven days to do the early voting. If they are unable to do so, they can come in on election day on Oct. 16 from 7am to 7pm.

For the special election day, the designated polling places are:

- Oleai Elementary School cafeteria for Precinct 3A (San Jose).
- Garapan Elementary School cafeteria for Precincts 3B-1 (Garapan) and 3B-2 (Garapan).

Igitol said Department of Public Safety police officers are stationed at the polling place to maintain order.

She said Office of the Public Auditor staff are also observing at the polling venue.

Voters must ensure that they bring with them a pictured identification card as they will be required to present it in order to be issued a ballot at the polling sites.

COURT

From Page 1

in contempt anew for noncompliance with the consent decree to pay former employees who claim they were sexually harassed while they were working for the company.

Following a show-cause hearing last week for IPI to explain why they should not be found in contempt again, Chief Judge Ramona Manglona found IPI in contempt for failure to pay the monthly payments for August and September 2021 as stated in the consent decree between IPI and the U.S Equal Employment Opportunity Commission.

Manglona also ordered IPI Holdings, Ltd.—the mother company of IPI CNMI—to pay no later than Friday, Oct. 29, the balance outstanding including daily per diem and interest pursuant to the consent decree. Payments must also be made directly to the claimants or EEOC.

IPI was then ordered to appear at next week's motion to appoint a receiver on Thursday, Oct. 14, at 2:30pm.

In EEOC's motion to find IPI in contempt again, it said IPI and IPIH have not complied with the April 27, 2021, consent decree. Specifically, the EEOC alleged that to date, defendants have only made the first three monthly payments and have been delinquent in making the August and September payments.

EEOC further claimed that they have contacted the defendants' counsel on several occasions, both in writing and telephonically, but has not secured defendants' compliance with the consent decree.

EEOC counsel Eric Yau said that IPI violated a specific and definite order of the court when it failed to fully comply with its obligations concerning monetary relief required in the decree.

"Specifically, Imperial Pacific was obligated to pay a total of $105,000 to claimants. To date, defendants have only paid $60,000, and have been delinquent with the monthly payment of $15,000 for August and September," Yau stated.

According to *Saipan Tribune* archives, the EEOC sued IPI on Sept. 24, 2019, for sexual harassment and unfair employment practices on behalf of a former VIP hostess and other female employees. EEOC alleged that IPI subjected the claimants to unwelcome physical and verbal sexual harassment by male patrons.

IPI denied all the allegations and asked the court to rule in its favor and dismiss the complaint with prejudice.

In April 2021, IPI agreed to settle the claims and resolve the lawsuit. It entered into a consent decree that was approved by the court on April 27, 2021.

CPA extends rent abatement to December

By KIMBERLY A. BAUTISTA
kimberly_bautista@saipantribune.com
REPORTER

The Commonwealth Ports Authority board has approved to extend its rent abatement program for all tenants at the Francisco C. Ada/Saipan International Airport and all Saipan seaport tenants that rely on the tourism industry up to December.

According to CPA board chair Kimberlyn King-Hinds, the board approved last week extending CPA's COVID-19 Tenant Relief Program that would provide a 50% discount on rent for airport and seaport tenants until the end of the year.

"At the airport, everyone gets a 50% discount on rent until December. At the seaport, only businesses who rely on the tourism industry will get the discount," she said.

King-Hinds said that CPA recognizes the struggle its tenants face with the COVID-19 pandemic taking a heavy toll on the tourism industry, which is their main source of income.

"While we see our tourists slowly coming back, we recognize that our tenants are still struggling with trying to make ends meet. The only thing that we do know about the pandemic is that we don't know when we will get to a point where we can fully open up our borders without restrictions and not worry about the health and safety of our community," she said.

She said the board hopes they can extend this relief further, but eventually it will become unsustainable but CPA will continue to do its best to be good partners. "We hope that this extended abatement provides them with some relief. It's not sustainable for CPA to indefinitely continue with the discount but we understand the business impact. We want to be good partners and make every reasonable effort to help our tenants come out of this pandemic with us," she said.

COMMUNITY BRIEFS

CUC closed today

In observance of Commonwealth Cultural Day, today, the Commonwealth Utilities Corp. will be closed today, Oct.r 11, 2021. ***PR)***

Kagman schools' PTSA meeting on Tuesday

This is to inform all parents, guardians, and the community that the Kagman cluster of schools will be having a PTSA meeting on Tuesday, Oct. 12, 2021, at 5:30pm through Blackboard Collaborate. All parents and guardians are encouraged to attend this meeting. To do so, log in through this link: https://bit.ly/308HWMX. Call the schools at 237-3921, 664-4100, or 664-3911 if you have any questions or concerns. ***(PR)***

UOG to host additional Advanced Care Planning sessions

Manåmko' and their families will have another opportunity to learn about advanced care planning in two upcoming live Zoom sessions hosted by the Guam/Micronesia Geriatrics Workforce Enhancement Program under the University of Guam School of Health. Advanced care planning is the process of discussing and choosing future health care and medical treatment options.

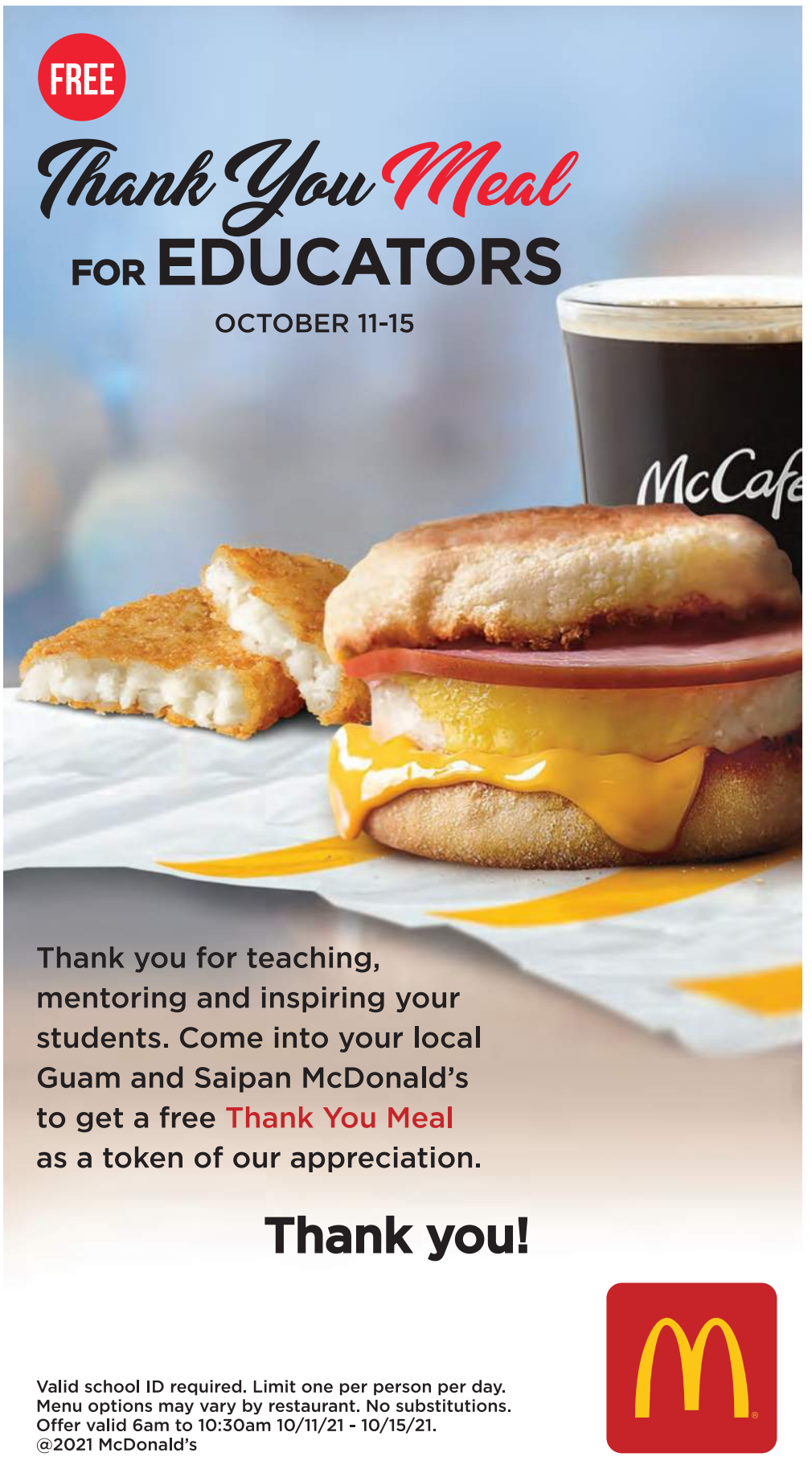
The sessions will be led by Annamma Varghese, an assisting professor of nursing at UOG who holds a Doctor of Nursing Practice degree, and Dr. Delores J. Lee, a family medicine physician at Evergreen Health Center.

The sessions are free to members of the public in Guam and throughout Micronesia.

To register, visit the following links:

- 9am–10am on Saturday, Oct. 16: https://bit.ly/ACP1016
- 6:30pm–7:30pm on Tuesday, Oct. 19: https://bit.ly/ACP1019

For more information, call (671) 735-0109 or email uog.gwep@triton.uog.edu.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OVR recognizes this year's gold, silver, and bronze employers

By JOSHUA SANTOS
joshua_santos@saipantribune.com
REPORTER

CONTRIBUTED PHOTO

Office of Vocational Rehabilitation staff and representatives from its Gold, Silver, and Bronze Award employers share a photo at the end of OVR's 2021 National Disability Employment Awareness Month Employer Recognition Ceremony at the Saipan World Resort Royal Taga Ballroom on Oct. 1.

The CNMI Office of Vocational Rehabilitation, as part of its observance of 2021 National Disability Employment Awareness Month, honored last Oct. 1 several CNMI employers who have helped create career pathways for individuals availing of OVR's services.

The Employer Recognition Ceremony, held at the Saipan World Resort's Royal Taga Ballroom, recognized three tiers of employers who employ OVR consumers and helped them achieve gainful employm,ent.

OVR's Bronze Award recognizeds businesses and agencies that have worked with OVR consumers through OVR's Work Experience Training Program. The WET program is a three-month-long training where consumers learn basic job and work skills for four hours a day, five days a week.

Recognized as Bronze employers this year were Pepoy's Cafe & Restaurant; Herman's Modern Bakery; NO KA OI Termite & Pest Control; Taro Sue Corp.; Department of Lands and Natural Resources Division of Agriculture; Garapan Elementary School; CNMI Public School System Office of the Commissioner of Education; Triple J Five Star Wholesale Foods; Sun Palace Hotel; CNMI Office of the Governor; Center for Living Independently in the CNMI; CNMI Office of Vocational Rehabilitation; Department of Finance Division of Revenue and Taxation; Delta Management Corp.; Historic Preservation Office under the Department of Community and Cultural Affairs; Garapan Public Market; Kinpachi Japanese Restaurant; Dong A Corp.; and Island Cafe & Restaurant.

OVR's Silver Award recognized businesses and agencies that have worked with OVR consumers through its On-the-Job Training program. The OJT program is a six-month-long training where consumers learn more job-specific skills for eight hours a day, five days a week.

Recognized as Silver employers this year were the Center for Living Independently in the CNMI; Taro Sue Corp.; OVR; Commonwealth Healthcare Corp.; and the CHCC Maternal & Child Health Bureau.

OVR's Gold Award recognizes businesses and agencies that have successfully transitioned OVR consumers from both the WET and OJT programs into full-time employment or have hired these consumers directly. Recognized as Gold employers this year were Taro Sue Corp. and CHCC.

OVR executive director Arlene M. Reyes thanked OVR's participating employers for supporting OVR, its staff, and OVR's consumers. Reyes also expressed her gratitude to employers for recognizing the value of providing job opportunities for people with disabilities.

"We are grateful for the support and belief many of our employers have in our office, in our hardworking staff, and, most importantly, in our consumers. Because of you, our employers, we are able to successfully place our consumers in full-time employment, receive vocational training, work experience training, and on-the-job training. Today, we recognize you for believing that people with disabilities are not looked at for what they can't do, but for what they can do," said Reyes.

Court finds probable cause to try two men accused of robbery

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

The Superior Court has found probable cause to try two men accused of robbing a woman in the village of San Antonio last week.

Superior Court Wesley Bogdan found probable cause to try Raymond Palacios and George Taitano Lieto Jr., two men accused of robbing a woman along Laigan Street in San Antonio.

During the preliminary hearing Thursday, Palacios, through his lawyer, Vincent Torres, made a verbal motion to dismiss all the charges against his client.

The lawyer argued that there was no sufficient evidence to try Palacios because there was no witness to his involvement in the actual robbery, nor did he give any statement to police about his involvement.

Torres noted in his argument that Palacios could have been unaware of the crime that his co-defendant, Lieto, had committed and could have just given him a ride.

However, Office of the Attorney General's Steve Kessel argued that all of Torres' arguments could be brought up in trial. The main purpose of the hearing, Kessel said, was to find probable cause to try the defendant.

After considering both party's arguments, Bogdan found probable cause to try Palacios for the charges of robbery and conspiracy.

Meanwhile Lieto, the co-defendant in the case, waived his preliminary hearing.

Both Palacios and Lieto were ordered to return to court on Oct. 18 for an arraignment before Superior Court Presiding Judge Roberto Naraja.

They were remanded back to the custody of the Department of Correction following their hearing.

According to Saipan Tribune archives, the female victim in the case told police last Wednesday that she was robbed of her brown Coach purse along Laigan Street.

The victim told police that the suspect, later allegedly identified as Lieto, fled the scene on foot after snatching her purse.

A witness told police that a dark-colored Mazda 3 sedan with the license plate AFM 561 later picked up an individual matching Lieto's description.

A description of the vehicle and suspects were given to dispatch, who relayed the information to all units. Minutes later, police spotted the vehicle on the main road. Police conducted a violator stop and advised the two occupants to step out of the vehicle. Upon securing the driver, Palacios, and the backseat passenger, Lieto, officers saw a brown Coach purse described earlier inside the vehicle.

Faith, Hope and KARIDAT

A Northern Mariana Islands Social Service
JOB VACANCY ANNOUNCEMENT

FAMILY SERVICES CASE MANAGER

For more information, job description and an application visit the Karidat main office at Sister Remedios Community Center, Chalan Kanoa.

DOCUMENTS REQUIRED: Complete application form, copy of diploma/degree, resume/bio-data; current police clearance within 6 months and a copy of valid CNMI driver's license.

NO PHONE INQUIRIES PLEASE.
CLOSING DATE: FRIDAY, OCTOBER 15, 2021 AT 4:00 PM

NORTHERN MARIANAS HOUSING CORPORATION (NMHC)
Community Development Block Grant - Disaster Recovery (CDBG-DR) Program

JOB VACANCY ANNOUNCEMENT

NMHC JVA NO.	Positions:	Salary:	Opening Date:	Closing Date
2021-040	CDBG-DR Compliance Specialist (1-Position)	UNGRADED $25,000.00 to $30,000.00 per annum	October 8, 2021	October 25, 2021 4:00 PM

Employment application form, detailed job description, qualification requirements and other information can be accessed at www.nmhcgov.net and www.cnmi-cdbgdr.com.

Applicants may submit their applications through the following options: Submission at the NMHC Central Office in Garapan, Saipan; Drop Box located in front of the NMHC Central Office building; the CDBG-DR Office located on the 3rd Floor of the Ladera Building, Chalan Laulau, Beach Road; or email application and documents to officemanager@nmhcgov.net.

All applicants must complete and submit the NMHC Employment Application Form together with required documents that are listed in the Employment Application Package. Failure to provide the required documents will result in automatic disqualification. NMHC and all its properties are drug-free zones; therefore, selected applicant will be subject to pre- employment drug screening.

It is the policy of the Northern Marianas Housing Corporation (NMHC) that the merit system will be applied and administered according to the principle of equal opportunity for all citizens and nationals as defined by its personnel regulations and the Northern Marianas Commonwealth Constitution regardless of age, race, sex, religion, political affiliation or belief, marital status, disability or place of origin.

For inquiries, please contact Mr. Jacob Muna, Office Manager, at (670) 234-6866/9447 or by email to officemanager@nmhcgov.net. NMHC is a fair housing agency and an equal opportunity provider, lender and employer.

/s/
JESSE S. PALACIOS
Corporate Director

NORTHERN MARIANAS HOUSING CORPORATION
P.O. BOX 500514, Saipan, MP 96950-0514

INVITATION FOR BIDS (IFB)
(This is ad is paid for NMHC with HUD funds)

NMHC IFB 2021-019

BID SUBMISSION DATE & TIME: October 25, 2021, 2:00 p.m.

Vehicle Lease of 2-Pick-up Trucks for the Community Development Block Grant-Disaster Recovery (CDBG-DR) Program on Tinian and Rota

Bid information and packet is available on September 23, 2021, at the NMHC website at www.nmhcgov.net by clicking on the "Procurement Tab" or at the CDBG-DR website at www.cnmi-cdbgdr.com.

The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

Inquiries regarding this bid shall be submitted to Mr. Jacob Muna, Office Manager/Procurement Officer via email at officemanager@nmhcgov.net or facsimile at (670) 234-9021, on or before September 28, 2021, no later than 10 a.m.

/s/
Jesse S. Palacios
Corporate Director

/s/
Merced "Marcie" M. Tomokane
Chairwoman, NMHC Board of Directors

Senators pose for a group photo with Thomas P. Villagomez, Barrie C. Toves, and Joseph M. Diaz who, who were confirmed Thursday last week at the Senate session to serve again as directors to the board of the Commonwealth Ports Authority. The committee also confirmed the appointment of Ramon A. Tebuteb, who failed to attend the session. FERDIE DE LA TORRE

Senate confirms renomination of Villagomez, Tebuteb, Toves, Diaz to CPA board

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

The Senate confirmed Thursday last week the renomination of Thomas P. Villagomez, Ramon A. Tebuteb, Barrie C. Toves, and Joseph Mendiola Diaz to serve as directors on the Commonwealth Ports Authority board.

Gov. Ralph DLG Torres immediately swore in the four to their posts following the confirmation.

On Thursday, all nine senators voted "yes" to adopt the Committee on Executive Appointments and Government Investigations' report that recommended the confirmation of the four's renomination.

The voting was made after some senators asked and raised some issues about CPA's operations and projects, as well as its ongoing legal dispute with Star Marianas Inc.

Tebuteb was the only one not present at the session. *Saipan Tribune* learned that he was at a funeral.

With the Senate confirmation, Villagomez, Tebuteb, Toves, and Diaz will each serve staggered terms that will expire on Oct. 7, 2025.

Sen. Francisco Q. Cruz (R-Tinian), who chairs the Committee on Executive Appointments and Government Investigations, said the committee recommended the confirmation of the four's renomination based on the overall assessment of the four's credentials, experiences, and testimonies, goals for the CPA, and other relevant issues considered. He said the committee is convinced that the four have the qualifications and leadership skills necessary to serve as members of the CPA board.

Villagomez said in an interview that the COVID-19 pandemic has hampered a lot of their progress but he is optimistic they can succeed. Villagomez has been serving CPA board over 10 years now.

Toves said senators raised a lot of valid questions and that he has been given special assignments to respond to those questions. He said one of the most important questions the senators asked him was the status of the commuter terminal project at the Saipan airport. He said they have a design, know the construction cost, and have already set aside funding for it.

"So we're anticipating building a new commuter," Toves said.

Kilili legislation seeks to increase number of Veterans Centers, Outpatient Clinics

Delegate Gregorio Kilili C. Sablan (Ind-MP) introduced Friday a legislation that seeks to increase the number of Veterans Centers and Veterans Administration's Community Based Outpatient Clinics in areas facing capacity issues or without access to either facility.

Sablan said in his e-kilili newsletter over the weekend that, under his legislation, called "Vet Centers for Mental Health Act," veterans in the Marianas across America will have access to Veteran Administration's health care closer to home.

The other co-authors of the legislation are Rep. Mikie Sherrill (D-New Jersey), Rep. Dean Phillips (D-Minnesota), Rep. Anthony Gonzalez (R-Ohio), and Rep. Brian Fitzpatrick (R-Pennsylvania).

For the Marianas, that means establishment of both a Vet Center and VA Community Based Outpatient Clinics so the veterans no longer have to travel long distances for care, he said.

"Vet Centers provide readjustment counseling and mental health services for veterans, active duty service members, and their families," he said.

At CBOCs, he said, veterans can receive primary and specialty health care from dedicated full-time VA staff.

Sablan said both the Veterans of Foreign Wars and the American Legion support the bill. ***(Ferdie de la Torre)***

Starting Oct. 24, begin all local calls with 670

Starting Oct. 24, 2021, the "670" area code must be dialed to complete all calls in the CNMI. Add 670 to all your saved contacts to make sure all your important calls go through.

This developed soon after Federal Communications Commission decided that, effective July next year, "988" is designated as the new phone number for the National Suicide Prevention Lifeline. Similar to calling 911 for emergency personnel, callers would need to only dial "988" to reach the suicide prevention lifeline. Right now, one would need to dial 1-800-273-8255 to reach the suicide prevention lifeline. The new method ensures that calls to 988 will reach the 24/7 National Suicide Prevention Lifeline Crisis Center for urgent mental health needs.

In line with this, all local phone calls on CNMI must include the 670-area code. Go through your contact list and add "670" in the beginning of seven-digit phone numbers in the CNMI. ***(PR)***

JOB VACANCY ANNOUNCEMENT
HR 2021-01

CEDA
COMMONWEALTH ECONOMIC DEVELOPMENT AUTHORITY

P.O. Box 502149, Saipan, MP 96950
Tel: (670 234-6245/6293/7145/7146
Fax: (670) 235-7147
www.developcnmi.com

Position: Economic Development Manager, exempt
Annual Salary: Minimum $70,000.00
Opening Date: September 8, 2021
Closing Date: October 15, 2021
Closing Time: 4:00 P.M.

The Application for Employment, detailed job description, qualification requirements and other information may be obtained online at www.**developcnmi.com** or at the CEDA offices during regular business hours from 8:00 A.M. to 4:30 P.M., Monday through Friday, except CNMI holidays.

Saipan CDA Building, Unit 205, Beach Road, Oleai
Rota Tamara & Seven Brothers, Songsong
Tinian Northern Marianas College, Bldg. B, Rm. E, San Jose

All applications must be complete and submitted to the CEDA main office in Saipan or emailed to admin@developcnmi.com.

For more inquiries, please contact Ms. Christy Kintol, Office Manager at (670) 234-6245 ext. 310 or by email at c.kintol@developcnmi.com

/s/ Manuel A. Sablan
Executive Director

Commonwealth Utilities Corporation

REQUEST FOR PROPOSALS
CUC-RFP-21-036

Office Space Rental for CUC's Administrative Functions and Operations

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC), is soliciting competitive sealed proposals from firms for Office Space Rental for CUC's Administrative Functions and Operations in Saipan, Commonwealth of the Northern Mariana Islands.

The RFP Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:30 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $25.00 for one package.

One (1) original and five (5) hard copies of your submission must be submitted in a sealed envelope marked ***"CUC-RFP-21-036, Office Space Rental for CUC's Administrative Functions and Operations"*** to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, **no later than 10:00 a.m. on October 15, 2021.** Late submissions and conditional offers will not be considered.

Discussions may be conducted with responsible offerors who submit proposals determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. All proposers shall be accorded fair and equal treatment with respect to any opportunity to discussion. During discussions, there will be no disclosure of any information derived from proposals submitted by competing proposers.

All Proposers are advised that CUC assumes no responsibility in any act of omission on the part of the Proposer due to lack of information or understanding of the proposal requirements in the course of Contractor's preparation of a proposal or supply under the contract. The RFP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the proposal under this request, or to procure or contract for services. The Proposers are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed as per the CUC Procurement Regulations.

Questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 AM (ChST) on September 23, 2021** to Manny Sablan, CUC Purchasing Administrator via email address, manny.sablan@cucgov.org with a copy to John C. Mafnas, Contracts Officer at john.mafnas@cucgov.org and Marcela Tenorio, CUC's Senior Administrative Technician at marcela.tenorio@cucgov.org.

CUC reserves the right to reject any or all proposals for any reason and to waive any defects in said proposal, if in its sole opinion, to do so would be in the best interest of CUC. All proposals shall become the property of CUC.

GARY P. CAMACHO
Executive Director

MANNY BOYER SABLAN
Purchasing Administrator

Opinion

Hafa Adai!
Saipan Tribune
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MEMBER

The Associated Press | Pacific Islands News Association

EDITORIAL

As US posture weakens, China's threat to Taiwan grows ominous

President Joe Biden's administration could soon have its foreign policy mettle tested like never before as China boosts its military aggression against Taiwan while proceeding with its naval expansion into the South China Sea. If Biden thought he would get a breather from major national security challenges after the chaotic withdrawal from Afghanistan, he figured wrong. A direct confrontation between China and Taiwan would dwarf the significance of Afghanistan. And the repercussions could hit every American hard in the pocketbook. So it's worth paying attention.

In recent days, China has sent nuclear-capable bombers and other military attack aircraft—nearly 150 in all—into Taiwan's exclusion zone, stopping short of violating Taiwan's 12-mile territorial limit but making clear that Beijing respects no declared boundary with the staunchly anti-communist island that broke away from mainland rule after the Maoist revolution of the late 1940s. Ever since President Richard Nixon withdrew recognition of Taiwan in favor of Beijing in 1972, Taiwan has watched its international influence steadily erode, even among previously stalwart anti-communist governments in Central America and the Arabian Peninsula. The fully developed island nation of 23.6 million has justifiable fears that it's about to be swallowed whole.

China has eclipsed the United States as Saudi Arabia's top trade partner. It became the main financial backer for the Panama Canal expansion. Heavy port developments at both ends of the Panama Canal give China an ability to put a chokehold on transit operations that affect 66% of sea cargo either originating or ending at U.S. ports.

China watched with interest as the United States and NATO presented no military response when Russia seized Crimea from Ukraine in 2014. Biden's and President Donald Trump's repeated statements of disinterest in fighting other nations' wars cannot have escaped President Xi Jinping's notice, especially following their turn-tail pullout from Afghanistan and ceding of control to the Taliban.

America's message to Beijing couldn't be clearer: Now's the time to apply maximum pressure on Taiwan to give up its independence and submit to Beijing's rule. The expansionist threat from China is so real that even communist Vietnam, which fought a bloody war against the United States, is now welcoming U.S. warships to deter Chinese expansionism.

Granted, Biden has arranged a deal to share top secret nuclear-powered submarine technology with Australia to counter Chinese incursions in the South China Sea. But that arrangement will take years to bring to fruition. The threat China poses to Taiwan is now.

In an upcoming essay in Foreign Affairs magazine, Tai-

See US on Next Page

Like many diabetics, I've had to ration my insulin. It doesn't have to be this way

By ZOE WITT
LOS ANGELES TIMES

"Are you pregnant or hung over?" a colleague once asked as I exited the bathroom stall at work. After going three days without long-acting insulin to treat my Type 1 diabetes, I had been throwing up in the middle of my shift. But I had to get back to work, so I could earn enough tips to buy more. "No, this just happens sometimes," I answered, downplaying how sick I really was.

It was 2018, I was uninsured—and rationing my insulin because I couldn't afford it. Being nauseated was a sign of diabetic ketoacidosis, a painful and serious condition that can lead to a diabetic coma or even death.

As a host at a restaurant in Seattle, I was earning too much to qualify for Washington state's Medicaid program but not nearly enough to buy private insurance. Without it, the medication I need to survive costs roughly $300 a vial, and I am prescribed two every month.

Like me, at least 1 in 4 insulin-dependent diabetics in the U.S. have rationed insulin because of its cost. It doesn't have to be this way.

President Joe Biden's $3.5-trillion "Build Back Better" social safety net bill calls for reforms that could make the price of insulin fall by hundreds of dollars, on average. The bill provides Democrats with an opportunity to propose a cap on all out-of-pocket insulin costs and halt the terrifying trend of insulin rationing.

Instead, three Democrats in the House have blocked a provision in the bill that would reform our unjust and out-of-control drug pricing system. Their proposed alternative, which includes a $50 monthly out-of-pocket cap on insulin costs for Medicare beneficiaries, does nothing for underinsured and uninsured diabetics.

As Congress considers its budget reconciliation package, Democrats need to come together to help the roughly 8 million diabetic adults who use one or more forms of insulin to regulate their blood sugar. Without it, the insulin-dependent can experience serious and life-threatening complications.

Nearly 27 million people in the U.S. have been diagnosed with diabetes. It is the seventh-leading cause of death in the United States and the leading cause of kidney failure, adult-onset blindness and lower limb amputations. Every four minutes, a diabetic in the U.S. loses a limb due to diabetes, with Black Americans undergoing twice as many amputations as their white counterparts.

Last week I had surgery for an advanced form of diabetic retinopathy and a partially detached retina, complications of my blood sugar being too high for too long—because I skipped doses while having trouble paying for insulin.

Monthly costs for the most commonly prescribed forms of insulin, a life-sustaining hormone, can easily add up to $1,000 or more for those with high-deductible plans or without insurance.

Year after year, the price of insulin has soared, even though meaningful changes have not been made to their formulas, and they cost only a few dollars per vial to produce. In 1996, Eli Lilly's Humalog insulin entered the market with a list price of $21 per vial. Today that vial costs almost $275.

I've witnessed the impact of this affordability crisis on others through my work with Mutual Aid Diabetes, a group that helps people navigate the complex process of obtaining diabetes medications and supplies.

Instead of significantly reducing prices for their most prescribed insulin products, manufacturers tout discount programs that sometimes provide free medication. But these programs' eligibility requirements are restrictive, the applications burdensome and the review process lengthy.

For those with urgent diabetes needs, patient assistance programs are of little help. Since March, nearly a third of Mutual Aid Diabetes' insulin requests required direct financial aid or were filled through referrals to people who share prescribed medication they don't need.

Over the years, diabetic activists have fought for a patchwork of mostly state-level, imperfect and incomplete solutions to the insulin affordability crisis. It often feels like we're trying to put out a forest fire of suffering with small cups of water.

Nineteen states have enacted legislation that sets a maximum monthly copay for people who have state-regulated insurance, but these laws don't apply to an estimated 73% of insulin dependents. Emergency insulin refill measures, such as Minnesota's Alec's Law—named for a 26-year-old who died rationing his insulin—have saved lives, but the pharmaceutical industry continues to challenge the law in court. California and Washington

See DIABETICS on Next Page

EDITORIAL POLICY Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Military planes are not so plain

RICK'S COLUMN
By RICK PEREZ
Special to the Saipan Tribune

Rick Perez used to serve in the U.S. military and has work experiences in public policy research and public affairs. He is passionate about national security and geopolitics and runs a newsletter called Guam Affairs at guamaffairs.substack.com. For questions or comments, contact Perez at rickp7839@gmail.com.

When we talk about military planes, some citizens associate this idea with large heavy bombers flying in and out of Andersen Air Force Base to and from Hawaii, Asia, the continental U.S., Alaska, or elsewhere. Others may think that airplanes used for military missions are the exclusive purview of the Air Force.

Our points of reference with regards to military aircraft may also cause us to think about accidents. It wasn't too long ago when a B-2 caught fire up in Andersen and was damaged and grounded for months as off-island repair crews arrived and completed their work. Others vividly recall the B-52 crash north of Guam on Liberation Day in 2008, where the entire airplane crew died.

Weapons intended for use in the airspace

Military planes are more widely used by the Pentagon than what the public and the village public may realize.

Military aircraft weapons are not just about large bombers coming in and out of Andersen Air Force Base because military aircraft also include helicopters, unmanned aerial combat systems, intelligence airplanes, and refueling airplanes used by conventional, unconventional, and paramilitary forces. Civilian aircraft are also used in some capacities to assist and carry out military and paramilitary operations.

In Guam, the Air Force helps move cargo, people, and fuel that support activities such as ground combat and ground combat training operations as well as refueling planes of all types.

These kinds of work tasks constitute what the Air Force euphemistically refers to as global power or the ability to project military resources, and the capabilities to destroy targets anywhere on Planet Earth.

What's the catch?

The catch is that these weapons of war intended for use in the air require tremendous amounts of logistical support, as well as the storage, access, delivery, and consumption of fuel. Military air assets also require being fully connected to low orbit space satellites to be effective and precise, with regards to carrying out a variety of missions.

If the global satellite infrastructure stopped working, it would devastate the ability of the U.S. airpower community to fulfill and carry out a variety of its stated mission sets because aircraft rely on satellites in space to help manage the total airpower environment.

Why we should educate ourselves more on the importance of military airplanes and aircraft

The Navy, as most of us are aware, has aircraft carriers, which are large capital surface ships that embed airplanes for use to win wars. Unlike the Air Force, the Navy carries around its airplanes as aircraft carriers' transit and sail throughout the Deep Blue Ocean continent, including our region.

Navy airplanes are used for activities that are referred to as tactical offensive operations at sea. The Navy trains its air force to conduct activities that are intended to defend the ships that escort and accompany aircraft carriers, shoot down enemy fighter jets, look for enemy submarines, jam enemy communications links, spy on adversarial communications traffic, and move around naval special operations personnel throughout our Deep Blue continent, including our region.

The Marine Corps similarly derives its institutional purpose in part using what is called tactical fighter aircraft. The difference with the Marines is that this organization relies on the Navy to take it to the fight, and to carry its assortment of airplanes that are used to deliver air support to Marines working near shore, on shore and in inland areas close to shore.

The Marine Corps focus is to integrate real-time airpower in union with Marine Corps forces at sea in ways that are viewed and coined as integrated. The Marines also are able to carry around their airplanes at sea because they have a fleet of small aircraft carrying ships that are called "amphibious" vessels operated by the Navy.

How about the Army?

The Army, like the Marines, has extensive inventories of air vehicles that are also used to provide fire and logistical support to ground combat personnel. Unlike the Navy and Marine Corps though, Army aircraft perform work more heavily focused on the need to move across vast swaths of land anywhere in the globe. To do this, the Army employs a variety of rotary wing aircraft that can move people and resources to the land fight anytime of the day, anywhere on land. The Army's ability to deliver violence to land-based adversaries via helicopter are quite impressive.

What we should expect to see when it comes to military aircraft and the Marianas Islands

We should expect to see newer versions of aircraft that carry fuel, nuclear weapons, cargo, personnel, ordnance and ammo, missiles, and spy equipment.

We should expect to see the Pentagon continue to spend trillions of dollars over time to develop, test, design, operate, maintain, and construct thousands of additional aircraft to update, replace or reconstitute weapons intended to give America military advantage in the Deep Blue Ocean continent region.

We should expect to see American aircraft assigned to work more closely with key allies in the region, whether it is the Australians, Japanese or Thai armed forces. We should also expect to see key American military operational commanders in charge of aircraft operations to continue to train throughout the region, working with all branches of the U.S. military as well as with allied militaries.

The writer hopes that the Guam congressman will move much quicker to get Guam Air Guard personnel some robust aircraft assets that enable Guard units to expand the composition of their current mission footprint.

Finally, it is hoped that safety and environmental protection considerations remain top priority when it comes to all operations tied to the airspace throughout our Marianas Islands because our environment and our fellow citizens remain the most important assets and resources.

US

From Page 8

wan's President Tsai Ing-wen warns ominously that her nation will do "whatever it takes" to defend itself against Beijing's "increasingly aggressive posture."

With any luck, it won't come to that, but the escalating tensions underscore the consequences when the United States signals its disengagement from leadership on the international scene.

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DIABETICS

From Page 8

have legalized state production of generic insulin, but that is years away.

The pandemic has made the need to act only more urgent. COVID-19 is three times deadlier for diabetics and can trigger insulin resistance, requiring larger doses of insulin to control blood sugar. A recent national survey found that the rate of pandemic homelessness among those with diabetes is 48 times the national average, hitting diabetics of color especially hard.

Half-measures won't solve this crisis.

At Mutual Aid Diabetes, we often hear from people who can't come up with the $35 that would allow them to purchase insulin with a manufacturer's coupon we help them obtain. Like me, they may ration their insulin and be forced to work while slowly deteriorating—and potentially facing death. To help prevent this, we need Congress to agree to a federal price cap on out-of-pocket costs, covering all types of insulin and all diabetics.

Millions of kidneys, eyes, limbs and lives depend on it.

Zoe Witt oversees social media and outreach for Mutual Aid Diabetes and is a Seattle-based freelance writer covering disability and chronic illness. @zoehaswitt

6 ways to take care of your mental health and well-being

The COVID-19 pandemic has taken a toll on people's mental health. People from all walks of life have experienced stress throughout the pandemic—from front-line workers who are overwhelmed with work, young people who can't go to school, family members who are separated from each other, those impacted by COVID-19 infection or loss of loved ones, or people with pre-existing mental health conditions who face difficulties in accessing mental health services during lockdowns.

It is understandable to feel scared, anxious or helpless during this unprecedented time. But whatever situation you are in and wherever you are in the Pacific, you have the power to look after your mental health and well-being. As we celebrate World Mental Health Day this 10 October, here are 6 things you can do to help you cope, not only with the COVID-19 pandemic, but any event that may cause stress.

1. Talk to someone you trust

Talking to someone you trust—whether a friend, a family member, or a colleague—can help. You may feel better if you are able to openly share what you are going through with someone who cares about you. If you live in an area where face-to-face interactions are limited, you can still stay connected with your loved ones through a video call, phone call or messaging app.

2. Look after your physical health

Taking care of your physical health helps improve your mental health and well-being. Be active for at least 30 minutes daily, whether that's running, walking, yoga, dancing, cycling, or even gardening. Eat a balanced and healthy diet. Make sure to get enough sleep.

3. Do activities that you enjoy

Try to continue doing the activities that you find meaningful and enjoyable, such as cooking for yourself or your loved ones, playing with your pet, walking in the park, reading a book, or watching a film or TV series. Having a regular routine with activities that make you feel happy will help you maintain good mental health.

4. Steer away from harmful substances

Don't use harmful substances such as drugs, kava, alcohol or tobacco to cope with what you're feeling. Though these may seem to help you feel better in the short term, they can make you feel worse in the long run. These substances are also dangerous and can put you and those around you at risk of diseases or injuries.

5. Take two minutes to focus on the world around you

Help free yourself of constantly swirling thoughts by reconnecting yourself with where you are at this moment in time. Follow along with the video below or simply take three slow deep breaths, feel your feet grounded on the floor and ask yourself:

- What are five things I can see?
- What are four things I can hear?
- What can I smell?
- What does it feel like to touch my knees or a something else I can reach? How does it feel underneath my fingers? https://youtu.be/nKt4wzG02ko

6. Seek professional help

If you feel like you cannot cope with the stress that you are facing, seek professional help by calling your local mental health helpline or getting in touch with your counsellor or doctor. Remember you are not alone, and there are things you can do to support your emotional wellbeing.

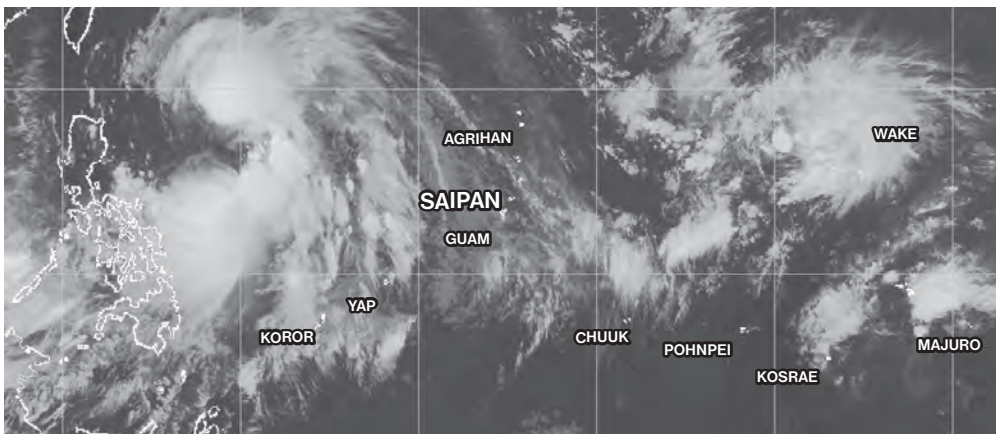
Source: World Health Organization Representative Office for the South Pacific

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mostly cloudy with scattered showers and isolated thunderstorms. Light and variable winds. Lows near 77. Chance of rain 50 percent.	Mostly cloudy with scattered showers and isolated thunderstorms. Northwest winds around 10 mph. Lows around 77. Highs near 87. Chance of rain 40 percent.	Mostly cloudy with scattered showers and isolated thunderstorms. Lows in the upper 70s. Highs in the upper 80s. Chance of rain 40 percent.	Mostly cloudy with scattered showers and isolated thunderstorms. Lows in the upper 70s. Highs in the upper 80s. Chance of rain 40 percent.	Mostly cloudy with scattered showers and isolated thunderstorms. Lows in the upper 70s. Highs in the upper 80s. Chance of rain 40 percent.
87º / 77º	80º / 70º	80º / 70º	80º / 70º	80º / 70º

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 8:05 AM, SUNDAY, OCTOBER 10, 2021

Western North Pacific between equator and 25N from 130E to 180.

Scattered showers, light winds and seas near 5 feet are present across the Marianas this morning. There are radar indications of a weak circulation about 50 miles southeast of Guam around 13N 145E. This feature is also evident in the evening ASCAT winds, with a trough extending eastward from the circulation. The large monsoon depression 94W well west of the Marianas appears to be slowly consolidating, while well out to the ENE, Invest 95W southwest of Wake Island near 16N 162E is close to being a tropical depression.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA	▲ ▼ °F	
Guam and Rota	Cloudy	82 / 77 °F
Palau	Cloudy	82 / 78 °F
Yap	Cloudy	84 / 79 °F
Chuuk	Cloudy	87 / 79 °F
Pohnpei	Mostly Cloudy	88 / 76 °F
Kosrae	Partly Cloudy	85 / 78 °F
Majuro	Cloudy	85 / 82 °F

DAY	SUNRISE	SUNSET
Today	6:07 AM	5:59 PM
Tuesday	6:08 AM	5:58 PM
Wednesday	6:08 AM	5:58PM
Thursday	6:08 AM	5:57 PM
Friday	6:08 AM	5:56 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	10:43	11:11 PM	-
Tuesday	11:47	11:12 PM	-
Wednesday	12:47	-	-
Thursday	-	12:14 AM	1:43 PM
Friday	-	1:14 AM	2:32 PM

AROUND THE GLOBE	▲ ▼ °F	
Auckland	Partly Cloudy/Wind	61 / 53 °F
Beijing	Fair	66 /43 °F
Hong Kong	Light Rain Shower	85 / 79 °F
Honolulu	Partly Cloudy/Wind	78 / 75 °F
London	Haze	63 / 47 °F
Los Angeles	Clear	62 / 55 °F
Manila	Mostly Cloudy	88 / 80 °F
Melbourne	Partly Cloudy	62 / 45 °F
Miami	Mostly Cloudy	76 / 73 °F
New York	Cloudy	64 / 63 °F
Osaka	Fair	86 / 70 °F
Paris	Fog	64 / 50 °F
Busan	Partly Cloudy	82 / 70 °F
Rome	Partly Cloudy	68 / 52 °F
Salem	Clear	66 / 62 °F
San Francisco	Clear	60 / 52 °F
Seoul	Cloudy	76 / 54 °F
Tokyo	Mostly Cloudy	77 / 69 °F
Washington, DC	Cloudy	68 / 65 °F

TIDES: SAIPAN HARBOR TODAY	FEET	
5;00 AM	Low Tide	-0.29
12:08 AM	High Tide	1.82
5:34 PM	Low Tide	1.23
10:19 PM	High Tide	1.80

STOP THE SPREAD

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corp. continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.

■ Stay home as much as possible. Avoid unnecessary travel or public places.

■ Avoid social gatherings in groups of more than 10.

■ Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.

■ Send only one healthy adult from the household run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.

■ Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.

■ Create a household plan of action, https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklisthousehold-ready.html

■ Ensure a 30-day supply of all medicines.

Continue good hand hygiene

■ Wash your hands for at least 20 seconds with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.

■ Use an alcohol-based hand sanitizer if soap and water are not readily available.

Know the signs and symptoms of COVID-19 and what to do if you become symptomatic

■ Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine means:

• Choosing a room in your house that can be used to separate sick household members from others.

• Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

• Avoiding touching your eyes, nose, and mouth with unwashed hands.

• Limiting visitors

CHCC appreciates the patience and understanding of the community at this time. To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force Hotline at 287-0046, 287-0489, 287-1089. These numbers are available Monday to Sunday, 7:30am - 4:30pm.

For medical information about COVID-19, reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday, 7:30am - 4:30pm.

For mental health support and helpful tips during a crisis, call the Mental Health Support Line at 285-1856, 323-6560, 323-6561 These numbers are available Monday to Friday, 7:30am - 4:30 pm. For the 24/7 Disaster Distress Helpline, call SAMSHA at 1-800-985-5990.

For more information about DIY face coverings, visit https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html

For more information about CHCC programs, follow CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit www.governor.gov.mpand, follow @GovernorCNMI on Facebook, Instagram, and Twitter.

This health advisory may be found online at http://www.chcc.gov.mp/pressrelease.html and at www.governor.gov.mp/covid-19.

Rumor control

During crises like this, oftentimes the spread of misinformation is just as dangerous as the virus itself. The CNMI is reminded to only share official and verified notices, press releases, and advisories from the Governor's COVID-19 Task Force and CHCC.

Source: Office of the Governor

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FLIGHT SCHEDULE AS OF OCTOBER 5, 2021

DEPARTURES

SAIPAN-GUAM (GUM)

UA117	6:45am	7:25am	1, 3, 6
UA117	9:45am	10:25am	2, 4, 5, 7

GUAM-MANILA (MNL)

UA183	7:05pm	8:50pm	2, 5
UA183	7:25pm	9:10pm	1, 3, 4, 6, 7

SAIPAN-MANILA (MNL)

UA117/183	6:45am	9:10pm	1, 3, 6 via Guam
UA117/183	9:45am	8:50pm	2, 5 via Guam
UA117/183	9:45am	9:10pm	4, 7 via Guam

SAIPAN-INCHEON (ICN)

7C3406	3:10PM	6:55PM	6
TW9308	3:20PM	8:00PM	4
OZ6243	4:00PM	7:40PM	6

ARRIVALS

GUAM (GUM)-SAIPAN

UA174	5:00am	5:41am	1, 3, 6
UA174	8:00am	8:41am	2, 4, 5, 7

MANILA (MNL)-GUAM

UA184	9:50pm	3:55am+1	2, 5
UA184	10:25pm	4:30am+1	1, 3, 4, 6, 7

MANILA (MNL)-SAIPAN

UA184/174	9:50pm	5:41am+1	2, 5 via Guam
UA184/174	10:25pm	5:41am+1	7 via Guam
UA184/174	10:25pm	8:41am+1	1, 3, 4, 6 via Guam

INCHEON (ICN)-SAIPAN

7C3405	8:30AM	2:10PM	6
OZ6233	9:00AM	2:30PM	6
TW9307	10:00AM	2:20PM	4

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF MAY 18, 2021

SAIPAN TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1301	8:30AM	9:00AM	Daily
1302	11:00AM	11:30AM	Daily
1303	1:30PM	2:00PM	Tues/Wed/Thurs/Fri
1304	3:30PM	4:00PM	Daily

ROTA TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3101	9:30AM	10:00AM	Daily
3102	12:00AM	12:30AM	Daily
3103	1:30PM	3:00PM	Tues/Wed/Thurs/Fri
3104	4:30PM	5:00PM	Daily

ROTA TO GUAM

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3401	12:15	12:45	Temporarily Unavailable

GUAM TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
4301	13:00	13:30	Temporarily Unavailable

SAIPAN TO TINIAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1201	7:00	7:15	Temporarily Unavailable
1202	8:00	8:15	Daily
1203	9:00	9:15	Daily
1204	10:00	10:15	Daily
1205	11:00	11:15	Daily
1206	12:00	12:15	Temporarily Unavailable
1207	13:00	13:15	Temporarily Unavailable
1208	14:00	14:15	Daily
1209	15:00	15:15	Daily
1210	16:00	16:15	Daily
1211	17:00	17:15	Daily
1212	17:00	17:15	Temporarily Unavailable

TINIAN TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
2101	7:30	7:45	Temporarily Unavailable
2102	8:30	8:45	Daily
2103	9:30	9:45	Daily
2104	10:30	10:45	Daily
2105	11:30	11:45	Daily
2106	12:30	12:45	Temporarily Unavailable
2107	13:30	13:45	Temporarily Unavailable
2108	14:30	14:45	Daily
2109	15:30	15:45	Daily
2110	16:30	16:45	Daily
2111	17:30	17:45	Daily
2112	18:30	18:45	Temporarily Unavailable

Mount Carmel School reinstates Cultural Day celebration

In celebration of Commonwealth Cultural Day, Mount Carmel School reinstated its Cultural Day Celebration last Friday, Oct. 8, 2021. Students from all grade levels performed a cultural and modern dance, designed a banner, decorated a booth providing information about their assigned culture, and wore costumes based on the cultures they represented. Parents and families were invited to watch their students perform. The cultures represented this year include Australia, the Caroline Islands, China, the Commonwealth of the Northern Marianas Islands, Hawaii, India, Jamaica, Japan, South Korea, Mexico, New Zealand, the Philippines, Russia, and Thailand.

MCS

Mount Carmel School's K4 students and their parents represented Jamaica during the reinstated Cultural Day celebration.

MCS

Mount Carmel School's K5 students show how strong the spirit of New Zealand is through their performance of the *haka*.

MCS

Mount Carmel School's third-graders march to the performance area proudly representing South Korea.

MCS

Landon Pangelinan represented his class as chief while performing the *haka* with his class during Mount Carmel School's Cultural Day celebration.

MCS

Mount Carmel School's fifth-grade class had a lot of fun representing Japan during the reinstated Cultural Day celebration

MCS

The seventh-grade students represented China beautifully during the school's reinstated Cultural Day celebration.

MCS

Mount Carmel School sophomore Jared Terlaje hyped the crowd as they entered to perform and represent Russia during the reinstatement of the Cultural Day celebration.

MCS

Mount Carmel School juniors represented the Philippines and performed the *tinikling* during their representation and celebration of Filipino culture.

MCS

Mount Carmel School's senior brought the Cultural Day celebration full circle by representing the CNMI. In the photo, MCS seniors presented their CNMI banner to the judges for deliberation.

MCS

MCS seniors perform a traditional dance representing the CNMI during the reinstated Cultural Day celebration.

Public invited to JKPL's indoor Halloween event, Book-A-Treat

The CNMI community is invited to join the Joeten-Kiyu Public Library and community partners as they present Book-a-Treat by appointment only—a three-day indoor Halloween extravaganza at the Joeten-Kiyu Public Library.

Book-a-treat by appointment only event will be conducted on the following days:

- Friday, Oct. 29, 2021, from 2:30pm to 6:30pm
- Saturday, Oct. 30, 2021, from 10am to 3pm
- Sunday, Oct. 31, 2021 from 1:00pm to 6:00pm

Book-A-Treat by appointment only is indoor trick or treating at the Joeten-Kiyu Public Library following social distancing, safety, and health measures. Patrons contact the library and "book" one appointment per household. Upon entry to the JKPL, each household is then given up to 30 minutes to go trick or treating in the library and visit the Haunted Library. Book-a-Treat is approved by the Governor's COVID-19 Task Force.

"2021 marks the second year in which we are hosting this fun version of trick or treating," said library director Erlinda C. Naputi. "Before Book-a-Treat, we would host the Annual Trunk or Treat at our parking lot, but because of the COVID-19 pandemic, we decided to change it up by having an alternative with an equal amount of fun. Book-a-Treat is a great way for families to come by and visit your local library and get some Halloween goodies! It presents a convenient option for our community to schedule your trick or treating. During Book-a-Treat, there will be contests for Best Halloween Costume, Best Decorated Community Partner Table, and you can even sign up for a free library card and get a free book from your library. Contact 235-7322 or 7315 to book your appointment at the library today."

Community partners who are interested in participating and/or sponsoring Book-a-Treat are invited to contact the library at 235-7322/7315 and ask for systems librarian Omar T. Manacop. ***(PR)***

File photos show the Joeten-Kiyu Public Library hosting the Book-a-Treat last year. JKPL

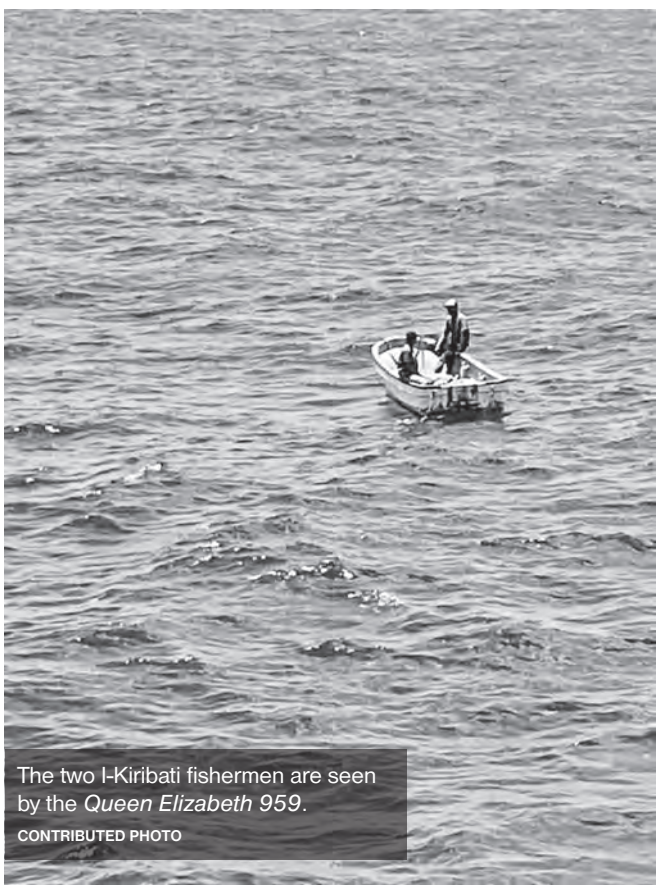
Two missing Kiribati fishermen rescued in Marshall Islands

PALIKIR, Pohnpei—A domestic fishing vessel of the Federated States of Micronesia belonging to CityPro Management Ltd., the *Queen Elizabeth 959*, rescued two Kiribati fishermen last Oct. 6 while in the exclusive economic zone of the Republic of the Marshall Islands.

The two fishermen, Ateota Teraka and Tairaiti Arakanria, 43 and 30 years old respectively, had spent seven days drifting at sea due to an engine problem on their boat, the Kuc Natareta. The two fishermen are in good health and condition, and their boat was successfully taken aboard the *Queen Elizabeth 959*.

"In my capacity as FSM president, I would like to express both the nation's gratitude, as well as my own, to the crew of the *Queen Elizabeth 959* for rescuing our fellow Micronesian brothers from the Republic of Kiribati, who were found stranded in the EEZ of the Marshall Islands," said FSM President David W. Panuelo. "When I speak to [Kiribati President Taneti Maamau] again next week or the following on matters relevant to the Micronesian Presidents Summit, I will make it a point to emphasize that we categorically guarantee the safe return of the fishermen."

It is the intention of the *Queen Elizabeth 959* to send the two fishermen back to Tarawa, the capital island of the Republic of Kiribati, after it completes its current fishing trip. The vessel is presently heading to the Republic of Nauru, followed by Papua New Guinea and Solomon Islands. ***(PR)***



The two I-Kiribati fishermen are seen by the *Queen Elizabeth 959*. CONTRIBUTED PHOTO

Photographic evidence that the fishing boat was successfully brought onboard the *Queen Elizabeth 959*. CONTRIBUTED PHOTO

Ateota Teraka and Tairaiti Arakanria, both from Tarawa, are safely onboard the *Queen Elizabeth 959*. CONTRIBUTED PHOTO

Island Snapshots

MONSTER BOWL CHALLENGE CONTRIBUTED PHOTO

Pho Tam hosted yesterday the first of what it bills as a recurring Monster Bowl Pho Tam Challenge, wherein contestants will be challenged to consume a gigantic bowl of Pho Tam special noodle soup within one hour. Yesterday's challenger were Johnson and Raymond.

SMOKE ALARM CAMPAIGN DFEMS

Teams from the American Red Cross-NMI Chapter, along with Department of Fire and Emergency Medical Services and Aircraft Rescue and Firefighting of the Commonwealth Ports Authority installed reportedly over a thousand smoke alarms in the homes of the public last Saturday, Oct. 9, 2021, as part of the annual Smoke Alarm Campaign. They also gave some public education about the smoke alarms and what they should do when the alarms go off. This campaign goes along with National Fire Prevention Week and the theme, "Learn the sounds of fire safety." Photos taken from the DFEMS social media page.

CONGRATULATIONS! CONTRIBUTED PHOTO

Adm. Herbert G. Hopwood Middle School celebrated National Custodian Day last Oct. 2 and presented gifts of appreciation to Mildred Ebuen and Fely Dela Cruz. National Custodian Day recognizes the hard work that it takes to keep our public facilities in tip-top shape as well as the people who diligently work to make sure we have schools and workplaces that are spotless and sanitary.

This October, the Adm. Herbert G. Hopwood Middle School joins the nation in celebrating Principal's Month. Thank you, Victorino Borja, for your leadership and for making sure that our students and staff remain safe and prepared for learning and success.

CONTRIBUTED PHOTO

1ST DEATH ANNIVERSARY

WE THE FAMILY OF THE LATE

†Delfina Naputi Santos

SEPTEMBER 29, 1939 - OCTOBER 19, 2020

Would like to invite all our relatives and friends to join us in prayers as we commemorate the First Year Death Anniversary of our dearly beloved mother, grandma, and great-grandma.

Daily Mass of Intentions will be offered on the following dates and times:

Monday, October 11, 2021
Mt. Carmel Cathedral 6:00AM / San Vicente Parish 6:00PM

Tuesday, October 12, 2021
Mt. Carmel Cathedral 6:00AM / San Vicente Parish 6:00AM / Santa Soledad Parish 6:00PM

Wednesday, October 13, 2021
Mt. Carmel Cathedral 6:00AM / San Vicente Parish 6:00PM / Santa Soledad Parish 6:00PM

Thursday, October 14, 2021
Mt. Carmel Cathedral 6:00AM / San Vicente Parish 6:00AM / Santa Soledad Parish 6:00PM

Friday, October 15, 2021
Mt. Carmel Cathedral 6:00AM / San Vicente Parish 6:00AM / Santa Soledad Parish 6:00PM

Saturday, October 16, 2021
Mt. Carmel Cathedral 6:00 AM / San Vicente Parish 5:30PM / Santa Soledad Parish 6:00PM

Sunday, October 17, 2021
Mt. Carmel Cathedral 9:00AM / San Vicente Parish 9:00AM / Santa Soledad Parish 10:30AM

Monday, October 18, 2021
Mt. Carmel Cathedral 6:00AM / San Vicente Parish 6:00PM

Tuesday, October 19, 2021
Mt. Carmel Cathedral 6:00AM / San Vicente Parish 6:00AM / Santa Soledad Parish 6:00PM

Join us for Rosary beginning on October 11th (Monday) and October 16-17 (Saturday-Sunday) at 12:00pm; October 12-15 (Tuesday-Friday) and October 18-19 (Monday- Tuesday) at 5:00pm which will take place at the residence of Mr. & Mrs. †Manuel Agulto Tenorio and Evelyn Santos Tenorio located in San Vicente. Your presence, thoughts, and prayers will forever be appreciated.

THANK YOU AND SI YU'US MA'ASE

From Children, Grandchildren and Great Grandchildren

Health & Wellness

This advertorial is sponsored by Tan Holdings HEALTH IS WEALTH Tan Siu Lin Foundation

COVID-19

Who's at higher risk of serious symptoms?

Over a year into the COVID-19 pandemic, it's important to remind people who is more at risk of serious coronavirus disease 2019 (COVID-19) symptoms, which can vary widely. Some people have no symptoms at all, while others become so sick that they eventually need mechanical assistance to breathe.

The risk of developing dangerous symptoms of COVID-19 may be increased in people who are older and also in people of any age who have other serious health problems—such as heart or lung conditions, weakened immune systems, obesity, or diabetes. This is similar to what is seen with other respiratory illnesses, such as influenza.

While each of these factors can increase the risk of severe COVID-19 symptoms, people who have several of these other health problems are at even higher risk.

A woman is administered a dose of COVID-19 vaccine by a registered nurse inside the Korean Community Services center in the Queens borough of New York City. ANTHONY BEHAR/SIPA USA/TNS

Older age

People of any age, even children, can catch COVID-19. But it most commonly affects middle-aged and older adults. The risk of developing dangerous symptoms increases with age, with those who are age 85 and older at the highest risk of serious symptoms. In the U.S., about 80% of deaths from the disease have been in people age 65 and older. Risks are even higher for older people when they have other health conditions.

Take all your medications as prescribed. Consider developing a care plan that includes information about your medical conditions, medications, health care provider's names and emergency contacts.

Nursing home residents are at high risk because they often have multiple health problems, combined with advanced age. And germs can spread very easily between people who live in close proximity to each other. If you live in a nursing home, follow the guidelines to prevent infection. Ask about protection measures for residents and visitor restrictions. Let staff know if you feel ill.

Older people are also more likely to have Alzheimer's disease, which can make it more difficult for them to remember the precautions recommended to prevent infection.

Lung problems, including asthma

COVID-19 targets the lungs, so you're more likely to develop severe symptoms if you already have lung problems, such as:

- Chronic obstructive pulmonary disease (COPD)
- Lung cancer
- Cystic fibrosis
- Pulmonary fibrosis
- Moderate to severe asthma

While some medications for these conditions can weaken your immune system, it's important to stay on your maintenance medications to keep symptoms as controlled as possible. You may want to talk to your health care provider about obtaining an emergency supply of prescription medications, such as asthma inhalers.

It may also help to avoid the things that make your asthma worse. These asthma triggers can vary from person to person. Examples include pollen, dust mites, tobacco smoke and cold air. Strong emotions and stress can trigger asthma attacks in some people. Others are bothered by strong odors, so make sure the disinfectant you're using isn't an asthma trigger for you.

In addition to being an asthma trigger, smoking or vaping can harm your lungs and inhibit your immune system, which increases the risk of serious complications with COVID-19.

Heart disease

Many types of heart disease can make you more likely to develop severe COVID-19 symptoms. These include:

- Cardiomyopathy
- Pulmonary hypertension
- Congenital heart disease
- Heart failure
- Coronary artery disease

Continue to take your medications exactly as prescribed. If you have high blood pressure, your risk may be higher if you don't control your blood pressure and take your medications as directed.

Diabetes and obesity

Type 1 or Type 2 diabetes can increase your risk of serious COVID-19 symptoms. Being overweight, obese or severely obese also increases this risk.

Diabetes and obesity both reduce the efficiency of a person's immune system. Diabetes increases the risk of infections in general. This risk can be reduced by keeping blood sugar levels controlled and continuing your diabetes medications and insulin. If you are overweight or obese, aim to lose weight by eating a healthy diet and getting regular physical activity.

Cancer and certain blood disorders

People who currently have cancer are at higher risk of developing more severe illness from COVID-19. This risk can vary, depending on the type of cancer and the kind of treatment you're receiving.

Sickle cell anemia is another condition that increases the risk of severe COVID-19 symptoms. This inherited disorder causes your red blood cells to become hard, sticky and shaped like the letter "C." These deformed red blood cells die early, so oxygen can't be transported around your body as well. It also causes painful blockages in small blood vessels.

Another inherited blood disorder, called thalassemia, might also make you more likely to have serious COVID-19 symptoms. In thalassemia, the body doesn't produce enough hemoglobin and this affects how well the red blood cells can carry oxygen. ***(Mayo Clinic News Network/TNS)***

Information in this post was accurate at the time of its posting. Due to the fluid nature of the COVID-19 pandemic, scientific understanding, along with guidelines and recommendations, may have changed since the original publication date.

Blink now: Increased screen time during the pandemic sends more people to the eye doctor

By DALVIN BROWN
USA TODAY

Over the past six months, Martha Trundle-Selby, 33, has primarily worn glasses despite preferring contact lenses.

In the wake of the pandemic with greater attention placed on hand hygiene and viruses on surfaces, eyeglasses seemed like a more hygienic option than using her fingers to place contact lenses in her eyes, she said.

But classic bifocals present another problem. Breathing causes her glasses to fog up when she's wearing a mask. So the stay-at-home mom in Atlanta is strongly considering Lasik eye surgery.

"I really hate wearing glasses. And I don't really want to put my fingers to the eyes. Lasik would solve both those problems," Trundle-Selby.

She is not alone.

Optometrists report a rising number of patients seeking help with eye problems during the pandemic. Many are tired of their glasses fogging up while wearing masks and wary of possibly spreading viruses while installing contact lenses. Meanwhile, others are grappling with the fallout of increased screen time, which can exacerbate a medical condition known as dry eye, doctors say

The Centers for Disease Control and Prevention says you should avoid touching your eyes with unwashed hands to avoid contracting the coronavirus, though the illness is thought to primarily spread by inhaling respiratory droplets.

Still, Trundle-Selby, a long time wearer of glasses, isn't taking any chances. She has an appointment in late October to see her optometrist and inquire about Lasik.

She joins a growing number of people who have sought out or gotten Lasik in recent months, according to Neda Shamie, a corneal surgeon at the Maloney-Shamie Vision Institute in Los Angeles.

Shamie's office noted a 35% increase in inquires for Lasik, a corrective laser eye surgery, and a 30% increase in Lasik procedures since the remote work era kicked off in March. Part of the reason for the rise stems from increased time, she says.

"What we hear is that patients are frustrated with the dry eyes that they get with contact lenses because they are spending so much time on the computer, long hours in virtual classrooms or meetings for work," Shamie said.

What is dry eye?

Dry eye disease is a common condition that occurs when your tears aren't able to provide adequate lubrication for your eyes, according to the Mayo Clinic. Symptoms usually affect both eyes and may include a stinging, burning or gritty sensation in your eyes, doctors say.

Staring at computer, TV or smartphone screens can decrease your overall blink rate by 33%, according to the University of Iowa Health Care. And when you blink less often, that can cause dryness, which is made worse if you wear contact lenses, according to medical experts.

"You may have seen your friends or colleagues who are sitting in front of the computer with kind of a zombie stare. That in itself can cause your eyes to dry out," Shamie said.

Mile Brujic, an optometrist and owner of Premier Vision Group, also says that complaints of eyestrain, eye fatigue and eye dryness have increased as people spend more time at home.

"We were already a computer-savvy society but the pandemic just took it to the next level," Brujic said.

Tips for eyestrain relief

To avoid dry eye or eyestrain from increased screen time, Brujic advises following what he calls the "20-20-20" rule. For every 20 minutes you spend staring at a screen, you should take a 20-second break and look at something 20 feet or so away to recalibrate your eyes, he said.

There's also an app called Eyecare 20 20 20 in the App Store and Google Play store that can remind you to take those breaks. Turning down the brightness on your computer screen may also help.

Over the counter "artificial tears" like Xiidra and prescription eye drops can offer some relief, doctors say. But if vision problems from increased screen time persist, you should see a specialist.

Follow Dalvin Brown on Twitter: @Dalvin_Brown. *© 2020 USA Today*

Life & Style

Chopin portrait bought at flea market is from 19th century

WARSAW, Poland (AP)—A peeling portrait of Frederic Chopin purchased at a flea market in Poland hung modestly in a private house for almost three decades before an expert dated the painting to the 19th century, when the Polish piano composer lived.

Now restored and in a gilded frame, the small painting resides in a bank vault somewhere in eastern Poland while its owners negotiate their next steps, including a public exhibit.

News of the artwork's existence broke this week as Warsaw hosted the 18th Frederic Chopin Piano Competition, an international event known for launching the careers of world-class pianists. The competition runs through Oct. 23.

Nicolaus Copernicus University professor Dariusz Markowski, the art expert who examined and restored the portrait last year, says it has significant historic and emotional value, but he refrained from estimating what it might sell for.

This combination of undated photos provided by Dariusz Markowski, left, and Jaroslaw Golebiowski, right, show a portrait of Polish composer Frederic Chopin before and after restoration.

DARIUSZ MARKOWSKI/ JAROSLAW GOLEBIOWSKI VIA AP

The painting measures 29.5 centimeters by 23.3 centimeters (11.5 inches by 9 inches.) Using advanced methods, Markowski timed its creation to the mid-19th century based on the materials and pigments used, and the extent of the ageing and damage.

But it is not now possible to pinpoint the exact year of its provenance, and it will be difficult to identify who painted it because only the artist's first name, Alfred, is preserved, he said.

"It is evidently Chopin, but I cannot say whether he posed for this portrait or whether it was painted from another picture," said Markowski, principal of the Torun university's Conservation and Restoration of Modern Art Department.

"We know nothing of its history or who it was painted for," he told The Associated Press. "It was in a very bad state, and I'm really happy that artwork like this can be saved."

Chopin was born in 1810 in a manor house in Zelazowa Wola, a village near Warsaw, to a Polish mother and a French father. He left Poland at 19 to broaden his music education in Vienna and then in Paris, where he settled, composing, giving concerts and teaching piano.

He died in Paris on Oct. 17, 1849 and is buried at the Pere Lachaise cemetery, but his heart is kept at the Holy Cross Church in Warsaw, where observances mark the anniversaries of his birth and death.

An art connoisseur spotted the portrait that Markowski calls "a real curiosity" at a flea market near Lublin in the early 1990s. Decades later, a financial situation prompted the family to seek a professional appraisal, which led them to the university expert.

A member of the family says it's "extraordinary" that the painting survived about 170 years of historic turmoil and ended up in a flea market. He says the family's recent attention to the portrait made him study Chopin's life and music.

France to return African art

PARIS (AP)—French President Emmanuel Macron said Friday that his country will return 26 African artworks—royal thrones, ceremonial altars, revered statues—to Benin later this month, part of France's long-promised plans to give back artwork taken from Africa during the colonial era.

Discussions have been under way for years on returning the artworks from the 19th century Dahomey Kingdom. Called the "Abomey Treasures," they currently are held in the Quai Branly Museum in Paris. The museum, near the Eiffel Tower, holds thousands of works from former French colonies.

Macron

Macron said the 26 pieces will be given back at the end of October, "because to restitute these works to Africa is to give African young people access to their culture." It remains unclear when exactly they will arrive in Benin.

"We need to be honest with ourselves. There was colonial pillage, it's absolutely true," Macron told a group of African cultural figures at an Africa-France gathering in the southern city of Montpellier. He noted other works already were returned to Senegal and Benin, and the restitution of art to Ivory Coast is planned.

Cameroon-born art curator Koyo Kouoh pressed Macron for more efforts to right past wrongs.

"Our imagination was violated," she said.

"Africa has been married to France in a forced marriage for at least 500 years," Kouoh said. "The work (on mending relations) that should have been done for decades wasn't done...It's not possible that we find ourselves here in 2021."

A sweeping 2018 report commissioned by Macron recommended that French museums give back works that were taken without consent, estimating that up to 90% of African art is located outside the continent. Some other European countries are making similar efforts.

Three years later, few artworks have been returned. To facilitate the repatriation of the Abomey Treasures, France's parliament passed a law in December 2020 allowing the state to hand the works over and giving it up to one year to do so.

The Africa-France meeting Friday was frank and occasionally heated. Macron, who is trying to craft a new French strategy for Africa. met with hundreds of African entrepreneurs, cultural leaders and young people.

Speakers from Nigeria, Chad, Guinea and beyond had a long list of demands for France: reparations for colonial crimes, withdrawal of French troops, investment that bypasses corrupt governments and a tougher stance toward African dictatorships.

Macron defended France's military presence in Mali and other countries in the Sahel region as necessary to keep terrorists at bay, and he refused to apologize for the past.

Family member balks at niece's pet project

DEAR ABBY: We have a niece who spent 12 years in Hollywood trying to become an actress. The only job she ever managed to land was a TV commercial that showed only her hands. After spending tens of thousands of dollars and having five different agents, she finally gave up and moved back to Kansas.

She has now written a play in which she is the producer, director and sole actor. She has rented a venue and now expects all her friends and family to pay $50 each to come and watch her perform. We feel this is nothing more than a hobby of hers and question the level of talent and entertainment that will be presented. We rarely attend even the best of Broadway plays, but now feel obligated to go to keep peace in the family. How can we get out of this without causing resentment?

NOT A FAN IN THE MIDWEST

DEAR NOT A FAN: Shame on you. This production (for better or for worse) is the culmination of 12 years of effort on your niece's part—not to mention her heart's desire. If you care at all about her, SPEND the 50 bucks and invest an hour or so of your time in her production. Her level of talent may surprise you. But if it doesn't, at least you will know you did the right thing for the sake of the family.

■ ■ ■ ■

DEAR ABBY: I have a beautiful, smart, empathetic, funny, amazing daughter. When she was very young, I thought she may be gay. On the off chance she was, I tried to let her know, without letting on that I thought she might be, that I would support a child of mine if that were the case. Over the years she had occasional boyfriends, so I thought maybe I was mistaken.

She has been without a boyfriend for the past five years now. She is fiercely feminist and has many lesbian friends. I had been kicking around the idea of asking her if she is bi, then finally asked her two weeks ago. Without batting an eye she said yes; she thought it was kind of obvious. I then asked why she never came out to me, since she knew I would accept it with open arms. Her response was one I did not expect, but was valid and should be the norm. She said, "Mom, heterosexuals don't announce that they are heterosexual, so why should I announce my status?"

I am glad she was never afraid of my reaction. Perhaps raising children with respect for all lives can help people in the LGBTQ community to no longer feel a need to "come out," because their orientation is a fact of life they are born with (like the color of their hair, the pigment in their eyes, etc.). It is important to provide a safe haven for your child and to teach and model inclusion.

LOVING MOM IN THE NORTHWEST

DEAR MOM: I couldn't agree more. Thank you for an upper of a letter, which I am printing on National Coming Out Day. This is the annual day of awareness encouraging LGBTQ individuals to acknowledge who they are IF they feel the need to. You and your daughter are lucky to have each other. "Loving mom," indeed.

For an excellent guide to becoming a better conversationalist and a more sociable person, order "How to Be Popular." Send your name and mailing address, plus check or money order for $8 (U.S. funds) to: Dear Abby, Popularity Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

DEAR ABBY

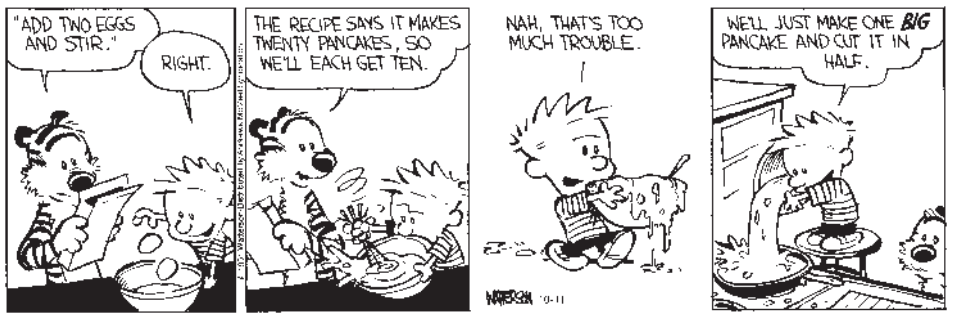
By ABIGAIL VAN BUREN
FROM UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Pastimes

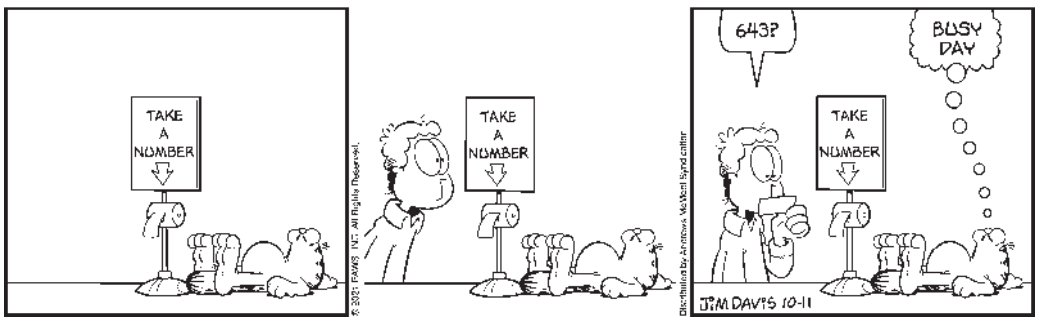
Calvin and Hobbes

By Bill Waterson


"ADD TWO EGGS AND STIR."
RIGHT.
THE RECIPE SAYS IT MAKES TWENTY PANCAKES, SO WE'LL EACH GET TEN.
NAH, THAT'S TOO MUCH TROUBLE.
WE'LL JUST MAKE ONE BIG PANCAKE AND CUT IT IN HALF.

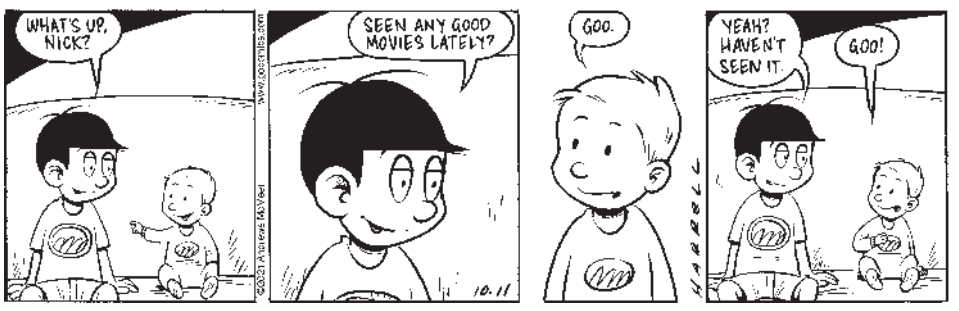
Garfield®

By Jim Davis



Adam@home

By Bryan Basset



The Duplex

By Glenn McCoy

WELL, YOUR LAST AT-BAT OF THE SEASON, AND YOU STRUCK OUT.
I WAS AT THE PLATE. DON'T YOU THINK I KNOW?
YOU'VE GOT 6 MONTHS BEFORE THE NEXT SEASON STARTS. SO FORGET HOW BAD YOU DID.
OKAY, DON'T MENTION 6 MONTHS AGAIN!
YOU'VE GOT 180 DAYS BEFORE THE NEXT SEASON BEGINS.
THAT'S BETTER.

CROSSWORD

By Eugene Sheffer

ACROSS

1 Thompson of "Love Actually"
5 Enjoy Aspen
8 Russian ruler
12 Severe decline
14 Forearm bone
15 Crunchy salad morsels
16 Two of a kind
17 Yoga pad
18 Clef type
20 Meager
23 Greet
24 Nightclub of song
25 Soup dumplings
28 Garden tool
29 Major artery
30 Aachen article
32 Spiral seashells
34 Make over
35 Miami- — County
36 West Pointer
37 Sci-fi robots
40 Balm target
41 "It can't be!"
42 Explosive units
47 Abound
48 Give courage to
49 Back talk
50 Fanatic
51 Wail

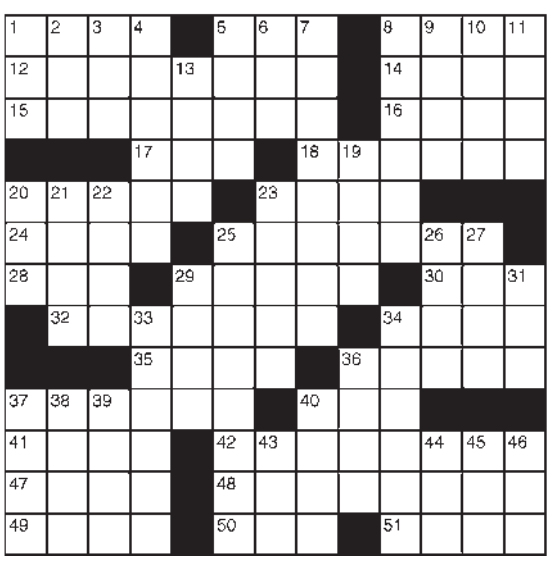
DOWN

1 Catchall abbr.
2 Scratch
3 "O Sole —"
4 Radcliffe grad
5 Espy
6 Family
7 Moments
8 Elvis' birthplace
9 Thick chunk
10 Blue dye source
11 Exceptional
13 Sports figure?
19 Broadway star Moreno
20 Learning ctr.
21 Geezer
22 Mimic
23 Singer Lena
25 Lumberjacks, e.g.
26 Must have
27 Faction
29 Slightly
31 "Kidding!"
33 Figures of speech
34 With full attention
36 "Arrivederci!"
37 Pixels
38 Mother of Zeus
39 Singles
40 Pride parade initialism
43 Ostrich's kin
44 Prefix with meter
45 Just out
46 NBC weekend show

Solution time: 26 mins.

J	A	R		L	E	E	S		S	H	A	G
A	L	E		I	L	L	S		H	O	R	A
B	A	D	H	A	B		T		I	S	E	E
		C	A	R	E			O	N	E	A	L
H	A	R	T	S		C	F	N	T			
A	L	O	E		B		T	C	O	I	N	S
D	O	S		N	O	V	A	C		N	C	O
J	U	S	T	A	B		T		A	S	A	N
			W	I	S	C		G	U	P	P	Y
M	O	D	F	I			S	A	R	I		
O	D	E	A		B		T	P	A	R	T	S
T	O	C	K		O	P	I	E		E	O	N
H	M	O	S		W	O	R	D		D	E	L

Last Friday's Answer 10/11



STUMPED? For answers to today's crossword, call **1-900-226-5955**! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Emily Deschanel, 45; Jane Krakowski, 53; Lennie James, 56; Joan Cusack, 59.

Happy Birthday: Make adjustments that make a difference. Expand your interests or master a skill that will ease the stress of buying you freedom or peace of mind. Enjoy the people who put a smile on your face, and put an end to debilitating situations. It's up to you to look out for your best interest. Don't procrastinate; act now. Your numbers are 7, 15, 21, 26, 34, 39, 42.

ARIES *(March 21-April 19):* You can advance if you are willing to make a move. Consider what you need brush up on to ensure your qualifications and skills won't let you down. Preparation will lead to beginnings and self-satisfaction. Personal gain looks promising. ✪✪

TAURUS *(April 20-May 20):* Confusion will set in regarding money, joint ventures, and dealing with institutions, government agencies or medical issues. Be persistent, and get to the bottom of matters before it's too late. Don't let someone take over. Handle matters yourself. ✪✪✪✪

GEMINI *(May 21-June 20):* Take a chance and explore what interests you, and you will discover something remarkable. It's up to you to provide what makes you feel good and keeps you content. You have more options than you realize. Personal growth and love are encouraged. ✪✪✪

CANCER *(June 21-July 22):* Slow down, view what's happening around you, think outside the box and make decisions that suit your needs. Get along with your peers, but don't share information that might incriminate you. You are better off separating your personal and professional lives. ✪✪✪

LEO *(July 23-Aug. 22):* Listen, and you'll find out something that can help you better understand someone you love. Reach out to those you share work, expenses or common interests with, and the information received will help you decide which path you want to pursue. ✪✪✪✪✪

VIRGO *(Aug. 23-Sept. 22):* Be careful how you treat those close to you. A lack of empathy will turn into a battle. Focus on self-improvement instead of trying to change someone else. Personal growth will help you accept others, regardless of their shortcomings. ✪✪

LIBRA *(Sept. 23-Oct. 22):* Know what you are up against, then forge ahead. Take charge of whatever situation you face, and work diligently toward a goal that will put a smile on your face. Stick to a budget, and use intelligence to excel. ✪✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* Think twice before you take on something you cannot afford. Look for alternative ways to satisfy your needs without giving in to demands or temptation. Keep personal information to yourself. Don't feel obligated to be a follower; do your own thing. ✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Slow down and think. Change may entice you, but going through the proper channels will be necessary if you want to accomplish what you set out to do. Don't trust someone offering shortcuts when you know the journey is what matters. ✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* Think big, but budget wisely. It'll be much easier to keep the peace if you do so without arguing. Take the road less traveled, and implement the changes that make you happy. Choose passive persuasion, not aggressive action. ✪✪✪

AQUARIUS *(Jan. 20-Feb. 18):* Talk to an expert before you invest in something risky. Choose to look inward and to make your health and well-being priorities. Once you map out a long-term plan, it will take the pressure off and set your mind at ease. ✪✪✪✪

PISCES *(Feb. 19-March 20):* An emotional incident will confuse you. Go about your business, take care of responsibilities and give unstable situations a chance to settle. Keeping busy will allow you to mull over concerns and come up with a rational solution. ✪✪

Birthday Baby: You are engaging, resourceful and outspoken. You are convincing and persistent.

SUDOKU

Conceptis Sudoku *By Dave Green*

			1	8		7	6	
3		9				1		
7	1		4				5	
				5		9		2
4			9		7			5
9		3		1				
	7				3		9	1
		6				5		8
	9	5		4	8			

Difficulty Level ★ 10/11

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

3	1	9	8	4	2	5	6	7
6	2	8	7	3	5	4	1	9
7	4	5	1	9	6	2	3	8
9	6	2	5	8	3	7	4	1
5	7	3	6	1	4	9	8	2
1	8	4	2	7	9	6	5	3
2	5	1	3	6	7	8	9	4
4	3	7	9	5	8	1	2	6
8	9	6	4	2	1	3	7	5

Difficulty Level ★★★★

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WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

EXPLORE YOUR NEWSPAPER **Solution: 9 letters**

O	I	S	E	I	B	B	O	H	O	R	T	E	M	C
S	B	N	E	D	I	T	O	R	I	A	L	H	I	A
S	N	I	V	R	T	H	E	A	L	T	H	F	D	M
P	S	I	T	E	E	E	T	Ⓔ	O	A	F	S	A	U
I	T	H	T	U	N	R	L	D	Ⓕ	A	L	C	U	S
H	S	C	W	E	A	T	H	E	R	Ⓘ	S	O	T	I
S	E	T	A	D	L	R	I	T	V	C	Ⓛ	O	H	C
N	T	T	E	R	G	L	I	O	I	I	C	P	O	O
O	N	R	I	N	T	C	U	E	N	K	S	M	R	L
I	O	A	I	T	L	O	N	B	S	S	I	I	S	U
T	C	V	N	E	N	C	O	T	E	C	H	N	O	M
A	I	E	S	E	E	I	A	N	S	K	O	O	B	N
L	D	L	R	O	W	E	R	S	S	E	G	A	P	I
E	N	I	L	Y	B	S	T	P	P	H	O	T	O	S
R	F	O	R	E	C	A	S	T	S	F	R	O	N	T

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Last Friday's Answer: Patriarch

To purchase **WONDERWORD** books, visit www.WonderWordBooks.com, or call 1-800-642-6480.

Urías hits, pitches Dodgers past Giants to even NLDS series

SAN FRANCISCO (AP)—With some mighty swings, solid pitching and defensive gems that have defined the Dodgers' success the past decade, the defending World Series champions are headed home in prime playoff position having grabbed momentum away from the division-winning Giants.

Fittingly, this NL Division Series between rivals has become a back-and-forth fight.

Julio Urías shut down San Francisco and contributed an RBI single for his cause, Cody Bellinger and AJ Pollock delivered two-run doubles to break it open in the sixth, and Los Angeles pounded the Giants 9-2 on Saturday night to even the series between baseball's two winningest teams at one game apiece.

Dodgers manager Dave Roberts declared earlier in the day, "We're going to play this game essentially like a do or die," and the reigning champs did just that by continuing to add on all game, including Will Smith's leadoff homer in the eighth.

Now, NL West runner-up Los Angeles — second place despite 106 wins to the Giants' 107 — is going to Chavez Ravine with a chance to ride this win and hand ace Max Scherzer the ball next.

"It's a good feeling," Roberts said. "It's interesting how the narrative changes from game to game. Right now, it's a three-game series, we have home-field advantage and we have Max on the mound. I like where we're at."

The best-of-five set shifts to Dodger Stadium for Game 3 on Monday night all square, hardly a surprise considering how close these clubs played for months. The Giants edged the Dodgers for the division on the final day and took the season series 10-9 but were outscored overall 80-78.

AP

Los Angeles Dodgers pitcher Julio Urias reacts during the second inning of Game 2 of a baseball National League Division Series against the San Francisco Giants Saturday, Oct. 9, 2021, in San Francisco.

"It's great to win one on the road," Dodgers star Mookie Betts said. "Julio pitched a great game. Any type of atmosphere like this, he's going to come ready to pitch."

Urías hit an RBI single in the second to give Los Angeles the lead, and Betts followed with a run-scoring single.

And those "Let's go, Giants!" chants were suddenly competing against the fired-up Los Angeles faithful's "Let's go, Dodgers!" in a boisterous, largely orange sellout crowd of 42,275.

"It was exciting to get the team going, I think they fed off that," Urías said through an interpreter.

San Francisco answered right back in the bottom half when Urías walked Wilmer Flores leading off and gave up Brandon Crawford's single. Flores advanced on Evan Longoria's deep flyball to center and scored on a sacrifice fly by Donovan Solano.

Urías hardly looked rattled.

Leading up to his start, the 25-year-old lefty stressed how facing these Giants would take an immense focus — and the 20-game winner sure looked the part from first pitch in outdueling Giants All-Star right-hander Kevin Gausman.

Urías went unbeaten over his final 17 regular-season starts since June 21, going 11-0 during that stretch that included a Sept. 4 victory here at raucous Oracle Park. He struck out five and walked one over five innings Saturday, giving up one run on three hits.

"I've never seen him not having his stuff. He always has it," Giants infielder Wilmer Flores said.

Gausman, furiously chomping his bubble gum, had a tough act to follow after a gem by Logan Webb in his postseason debut a night earlier, when the right-hander and a pair of relievers held the slugging Dodgers to five hits in a 4-0 victory.

Trea Turner doubled leading off the sixth, and after Justin Turner struck out, Smith walked to chase Gausman after 5 1/3 innings in which he struck out seven and walked three.

Trea Turner also contributed two stellar defensive plays at second base, while Betts thwarted a potential Giants rally in the sixth with a perfect throw from right field to catch Flores at third. Flores took responsibility for the move.

"Sometimes you just do things you can't really explain," Betts said of his play. "And that was just one of them."

Buster Posey's sixth-inning single gave him 54 career playoff hits, most in Giants postseason history. He had three hits in the game.

"Obviously looking forward to turning the page on tonight's game and getting ready for Los Angeles," Giants manager Gabe Kapler said. "It wasn't our best effort tonight. Dodgers just swung the bats better than us, made more pitches than us, made more plays than us.

"So as we've done all season long, we'll turn the page and get ready for an off day, an off day of preparation and get ready for Game 3."

Fried sharp, Braves blank Brewers 3-0 to tie NLDS at 1-all

MILWAUKEE (AP)—Max Fried says his strategy in pressure situations is to avoid making too much of the moment.

The approach that worked so well for the Atlanta Braves left-hander in the regular season also is paying dividends in the playoffs.

Fried pitched six sharp innings and Atlanta's bullpen held on after manager Brian Snitker's quick hook, sending the Braves over the Milwaukee Brewers 3-0 Saturday to tie their NL Division Series at a game apiece.

The best-of-five series heads to Atlanta for Game 3 on Monday.

"He was phenomenal — all you could ask for," said Atlanta's Austin Riley, who homered in the sixth inning. "He came out, pounded the zone. He's been doing that since the All-Star break."

Once Fried was pulled, it got more dicey for the Braves. The Brewers brought the tying run to the plate against Atlanta's bullpen in each of the last three innings but couldn't get a key hit. They couldn't do much of anything against Fried, who has allowed just one earned run over 29 innings in his last four starts.

Fried struck out nine, gave up three hits and didn't walk anybody. The Brewers didn't get a runner in scoring position until Willy Adames hit a two-out double in the sixth, and Fried responded by striking out Eduardo Escobar.

"He's just a really good pitcher, executing a lot of pitches," Brewers manager Craig Counsell said. "It spells a tough night for the offense."

Fried went 7-0 with a 1.46 ERA over his last 11 regular-season starts while pitching his best down the stretch.

He produced arguably Atlanta's biggest pitching performance of the regular season Sept. 25. The Braves had lost to San Diego earlier that day in the resumption of a suspended game. Hours later, Fried threw a three-hit shutout to stabilize the Braves' division lead.

Fried delivered again Saturday as the Braves bounced back from a 2-1 loss in Game 1.

"You just try to focus and realize that this is the same game we've been playing all year," Fried said. "The stakes might be a little bit higher, but you go out there and make the pitch that you're supposed to make, that's going to trump all."

This was the second straight exceptional outing by a Braves starter in a series that has been dominated by pitching.

Atlanta's Charlie Morton held Milwaukee scoreless through six innings Friday, but allowed a two-run homer to Rowdy Tellez in the seventh inning on his 85th and final pitch.

Snitker made sure Fried didn't get that far. Fried had thrown 81 pitches when he was pulled for a pinch-hitter in the top of the seventh.

"He bled it out there in the sixth," Snitker said. "He went through the meat of their lineup and expended what I felt was a lot of energy right there, in a real big moment in playoff baseball. Charlie's been through this 100 times. Max is just cutting his teeth with all this."

The move nearly gave Atlanta two extra runs. After pinch-hitter Joc Pederson singled, Jorge Soler hit a deep drive that left fielder Christian Yelich caught in front of the wall.

Then the Brewers made things interesting against Atlanta's bullpen.

After Luke Jackson struck out the first two batters he faced in the seventh, Luis Urías singled and Lorenzo Cain walked. Tyler Matzek replaced Jackson and got out of the jam by striking out pinch-hitter Tyrone Taylor.

Jace Peterson walked and Kolten Wong singled to start the bottom of the eighth, but Matzek worked out of it by retiring Adames, Escobar and Avisaíl García in order.

Will Smith worked around a leadoff walk to Yelich and a single by Urías in the ninth by getting a flyout and a ground-ball double play for his first career postseason save.

"I thought in those three innings, we got runners on base," Counsell said. "We had some pitches to hit. And we just fouled them off."

Four Atlanta pitchers struck out 14 and combined on a six-hitter.

The Braves pulled ahead for good with two runs in the third off Brandon Woodruff. They were inches away from getting a third run in that inning.

Soler hit a one-out double down the left-field line and scored on Freddie Freeman's single. Albies drove in Freeman with an RBI double that went off the yellow at the top of the right-field wall.

Albies responded to the double by doing push-ups near second base out of frustration that he didn't homer.

"Tomorrow's an off-day," Albies said. "I might work out from 8 a.m. until 8 p.m. That ball has to go out."

Woodruff struck out seven while allowing three runs, five hits and one walk in six innings. The All-Star right-hander had the worst run support of any major league starting pitcher during the regular season, which explains why he went 9-10 despite owning a sparkling 2.56 ERA.

Fury stops Wilder in 11th in another heavyweight thriller

LAS VEGAS (AP)—After three fights featuring nine combined knockdowns and many unforgettable moments, Tyson Fury finally ended his epic heavyweight rivalry with Deontay Wilder with one last valedictory punch.

Fury got up from two fourth-round knockdowns and stopped Wilder with a devastating right hand in the 11th round Saturday night, retaining his WBC title in a thrilling conclusion to a superlative boxing trilogy.

Fury (31-0-1, 22 KOs) finished Wilder for the second straight time in their three bouts, but only after a back-and-forth evening featuring five combined knockdowns and several apparent moments of imminent defeat for both men. Wilder ultimately ended up facedown on the canvas at 1:10 of the 11th round after a chopping right hand fired from high in the air by the 6-foot-9 Fury.

"It was a great fight," said Fury, the sport's lineal heavyweight champion and a former unified world champ. "It was worthy of any trilogy in the history of the sport. He's a top fighter, and he gave me a real (test) tonight."

Wilder was knocked down in the third round and appeared to be on his way out, but he improbably rallied to knock down Fury twice in the final minutes of the fourth. The British champion was profoundly shaken, but he also gathered himself and fought on.

Wilder (42-2-1) absorbed enormous punishment and appeared to be physically drained for much of the bout, but the veteran American champ showed his toughness while still throwing power shots on weary legs.

Fury knocked down Wilder again with a concussive right hand midway through the 10th, but Wilder stunned Fury in the final seconds of the round. Fury persevered — and after the referee jumped in to wave it off in the 11th, Fury climbed onto the ropes in weary celebration before a frenzied crowd of 15,820 at T-Mobile Arena on the south end of the Las Vegas Strip.

"Don't ever doubt me when the chips are down," Fury said. "I can always deliver."

Fury then broke into a rendition of "Walking in Memphis," in keeping with his post-fight tradition of serenading his crowds.

The fight likely concluded one of the most memorable rivalries in recent boxing history, a trilogy defined by two remarkable displays of pugilistic tenacity. Any three-fight series is a rarity in the fractured modern sport, but Fury and Wilder brought out the best in each other through a rivalry spanning nearly three calendar years.

They met first in late 2018 in downtown Los Angeles, where Wilder knocked down Fury twice in the late rounds of an excellent fight otherwise controlled by Fury. The second knockdown in the 12th round left Fury flat on his back and motionless while Wilder celebrated, but Fury improbably rose and reached the bell in a bout judged a split draw.

The second bout was in Las Vegas in February 2020, and Fury's dominance was much clearer. The British champ battered Wilder until the seventh round, when Wilder's corner threw in the towel on a one-sided victory and Fury claimed Wilder's WBC title belt.

In this climactic third meeting, Wilder was somehow even tougher— nd he repeatedly came close to beating Fury, a superior technician.

Wilder opened the first round with a strong jab and a good game plan, but appeared to tire early when he didn't hurt Fury early. In the final minute of the third, Fury stunned Wilder with a shot and then escaped a clinch to land a two-punch combination that put Wilder down to his knees. Fury battered Wilder again with the crowd on its feet, but Wilder made it to the bell.

Fury appeared to be in control until late in the fourth, when Wilder landed a powerful right hand squarely to the top of Fury's head. Fury staggered and eventually fell to the canvas, only to get up and then be put down again moments later amid the crowd's stunned roars.

Fury made it to the fourth-round bell, and both fighters landed impossibly big shots without a knockdown in the fifth and sixth. Fury hurt Wilder in the seventh with a series of punches that sent Wilder sprawling back against the ropes.

Fury hurt a visibly exhausted Wilder again in the eighth with two huge shots, and the ringside doctor examined Wilder before allowing the fight to continue into the ninth.

Another damaging right hand from Fury swept Wilder's legs out from under him in the 10th, but Wilder finished the round, even hurting Fury late.

It ended with one more right hand from close range. Wilder reached for the ropes on his way down, but landed facedown with his eyes glassy.

The bout was another loss for Wilder, but a validation of the former U.S. Olympian's impressive toughness, as well as his determination to get this third fight even after the one-sided nature of their second meeting.

Last year, Wilder handled his first defeat since the 2008 Beijing Olympics in bizarre fashion. He fired Mark Breland, his longtime trainer who threw in the towel, and then accused him of spiking his water bottle with a muscle relaxant. Wilder also claimed Fury had illegal gloves, among a litany of far-fetched claims that left Fury — no stranger to ridiculous behavior himself — ridiculing Wilder for his lack of professionalism.

"I beat him three times," Fury said after the finale. "I tried to show him respect, and he wouldn't give it back."

But Wilder also exercised the rematch clause in his contract to reclaim his belt, and an arbitrator ruled in his favor after Fury attempted to book a showdown with fellow British heavyweight Anthony Joshua. Fury resignedly agreed to complete the trilogy, but made it clear he expected to stop Wilder again.

It happened, but only after much more drama than even Fury could have imagined.

AP

Tyson Fury, of England, knocks down Deontay Wilder in a heavyweight championship boxing match Saturday, Oct. 9, 2021, in Las Vegas.

GECKOS

From Page 20

In middle school, SIS again lorded it over in the girls division with 27 points with Grace Christian Academy and Mt. Carmel School finishing second and third with 39 points and 45 points, respectively.

SIS also proved the team to beat in the boys division with a near perfect 16 points. Saipan Community School gave them a good fight with 24 points for second place, while third place went to Mt. Carmel School with their 41 points.

It was literally a Perfect 10 for SIS' high school girls team as they got first place with 10 points. MHS came in second with 35 points with Saipan Southern High School bringing in the rear with 52 points.

The only fly in the ointment for the Geckos was the powerful Marianas High School team in the high school division. The Dolphins powered their way to an also near perfect 14 points to beat SIS and SSHS which wound up with 36 points and 57 points, respectively.

SIS middle school and high school coach Ron Snyder said he couldn't be prouder of all SIS teams that took part in last Saturday's cross country championships.

"I am really overwhelmed by the success of our teams this year. Our high school boys team really put their all into the race with some amazing finishes and we would all like to send our congratulations to MHS for their victory. Our middle school boys team has been plagued with injuries this season but everything came together in the championships to lead us into first place past our season's rivals GCA," he said.

Snyder said SIS' girls teams have been extremely strong since the first meet and they didn't disappoint when the stakes were the highest in the cross country championships.

"Our middle school girls team had a very solid finish with some strong competition from Saipan Community School and I am glad they had discipline to hold it all together. This is a really young team with three of the runners being in sixth grade. I look forward to seeing them develop. Our high school girls team was simply stunning! Not only did they win each of the meets this season, they took the championships with a perfect score of 10, finishing in the first six places of their division," he said.

MHS coach Gabi Race said she's simply ecstatic that the Dolphins high school boys team was able to prevent an SIS sweep.

"It was really exciting to win the high school boys division, especially because SIS won every other category. I knew the MHS boys had a good chance to win individual and team awards because so many of the runners are great multi-sport athletes. My main job was just to coordinate and make sure everyone showed up on time! I'm also super proud of our girls because several of them had never run cross country before and they improved their times from the qualifiers," she said.

Asked what was the secret of SIS' elementary team sweeping the boys and girls division, coach Kathy Pagapular Ruszala said it all comes down to the commitment of the students.

"I did the easy part. The kids came to weekly practices, challenged themselves to surpass their initial times, and woke up early every Saturday to get to the race. They are such a great group to coach. They find joy in everything we do. I am so proud of them and the growing love they spread for the sport. Our cross country team continues to grow every year because of it."

Their training involved actual practice sessions at the CPA Airport Field.

"We secured the CPA field the past couple of months to train. We go through some basic running skills, play a lot of running games like tag and last man sprints. Then we end our practice with a mile run, using the old cross country course. I've given them all a personal challenge…to beat their first practice time, at least three times this season for a special prize. They use it as an incentive."

Aside from the contributions of her student-athletes, Ruszala also credited the SIS administration and the parents in the teams' success during this year's cross country season.

"Much love and thanks to the parents and families for their tremendous support, to Dr. Ron [Snyder] for his unwavering commitment and to the organizers and volunteers for making it happen! It's been another successful season!"

Results of the individual races in the elementary, middle school, and high school division will be published in the next issues of *Saipan Tribune.*

Lady Eagles 1 secure No. 1 seed in HS v-ball

By MARK RABAGO
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ASSOCIATE EDITOR

Grace Christian Academy 1 has locked on to the No. 1 seed in the playoffs for the NMIVA-PSS Interscholastic Girls High School Volleyball League 2021-2022 season after beating fellow erstwhile undefeated team Marianas High School 1 last Thursday at the Marianas High School Gymnasium.

The Lady Eagles 1 didn't waste time in their conquest of the Lady Dolphins 1, sweeping the very team breathing down their becks in the team standings. The first set was a nip-and-tuck affair before GCA 1 managed to eke out a 25-19 win.

In the second set, MHS 1 seemed determined to force a rubber set and led early. However, GCA 1 managed to weather the storm and gradually put some distance between themselves and their rivals.

Then it was GCA 1 setter and team leader Katriel Saures' turn to serve. The six-time champion of various high school volleyball leagues put down the hammer and literally carried the whole team behind her back, as MHS 1 didn't have an answer to her service game.

The Lady Eagles 1 seemingly scored 7-8 points behind Saures' superb service game and knocked down the set and game point when the Lady Dolphins 1 failed anew to return her service as they went on to emerge victorious in the battle of unbeatens, 25-16, in the second set.

MARK RABAGO

Grace Christian Academy 1's Hye Jin Elliott spikes the ball against Marianas High School 1 in their much-anticipated showdown in the NMIVA-PSS Interscholastic Girls High School Volleyball League 2021-2022 last Thursday at the Marianas High School Gymnasium.

GCA 1 head coach Cesar Libut jokingly said they didn't want to prolong the game anymore that's why they ended the game in two sets.

"We wanted to win without complications anymore and we just wanted to secure the No. 1 seed in the playoffs that starts on Friday," he said.

Libut added that Saures has been their best weapon all throughout the season because with her at center, GCA 1 always controls the ball on offense as everyone always bumps the ball to her after receiving it.

In neutralizing MHS 1's center's powerful spikes, Libut revealed that they specifically asked a male volleyball players to practice with them so his players would get accustomed to stopping powerful spikes.

"We prepared for their spiker. We scouted them very well. She's their only offense. We asked for the help of a men's volleyball player who is a strong spiker and we just practiced receiving his hard spikes," he said.

Aside from the brilliant Suares, who has been part of the Lady Eagles' varsity squad since sixth grade, the rest of the GCA 1 roster includes Karina Dilse, Clerrise Dacumos, Hye Jin Elliott, Soleil Lamar, Vicky Wang, Mint Karsuaythong, Eunice Pagaduan, and Allyssa Omampo.

With the win against MHS 1, Saures and company raised their record to 11-0, while exacting the Lady Dolphins 1 their first loss in nine games.

Other games Thursday saw, Mt. Carmel School 3 improve to 6-5 after narrowly beating sister team MCS 2, 25-20, 27-25, 15-13. The loss dropped MCS 2 to 2-7.

MCS 1 also was victorious after beating Kagman High School, 25-17, 25-15. The win raised its record to 8-3, while KHS fell to 2-7. MHS 3 also hiked its record to 4-7 following an easy 25-19, 25-13 victory over winless Saipan Southern High School, who is now at 0-9.

SSHS 2's sister team, SSHS 1, faired a little better after edging Saipan International School 2, 25-14, 26-24, 17-15. SSHS 1 is now at 3-6, while SIS 2 is now at 2-8. The final game of the day then saw MCS 1 pull out a 26-24, 25-17 victory over GCA 2 to improve to 8-3, while the latter dropped to a .500 win-loss record at 5-5.

Pool play concludes tomorrow with a rare eight-game schedule. MCS 3 and KHS and MHS 1 and MCS 2 will see action in the 4:30pm first games. The 5:30pm second games will then feature GCA 1 vs MHS 3 and SSHS 2 vs MHS 2. The penultimate sets of games at 6:15pm will have SSHS 1 taking on SIS 1 and MCS 2 squaring off against SSHS 2. The 7pm matchups will then GCA 2 testing the mettle of KHS and MHS 2 duking it out with sister team MHS 1.

LADY

From Page 20

was responsible for the other 2 points for FMS.

Earlier in the playoffs, GCA 1 secured a finals spot and twice-to-beat advantage in the championship game after defeating Hopwood Middle School 2, 16-11. Fatialofa scored 8 points in that win, while Kialeen Leemarvin matched her with 8 points of her own.

The Lady Natibu Riders punched a semifinals tickets after defeating Dandan Middle School, 13-8, in the next game. Saralu made 11 points in this one, while the Lady Hilitais got 4 points apiece from Priscilla Tomokane and Dolores Sander.

In the semifinals clash between FMS and Hopwood 2, the former managed to pull the rug from under the Lady Hilitais in a 13-12 shocker. Hopwood 2 led in the first half, 10-6, as Leemarvin erupted for 7 markers. The Lady Natibu Riders, however, limited Hopwood 2 to a measly 2 points in the second half, while scoring 6 points themselves to advance to the finals. Saralu led the way for FMS with 10 points, while Hopwood was paced by the 7 points of Leemarvin.

FMS them lost steam against GCA in the finals after playing its third straight game.

GCA coach Leah Fabila congratulated her players for a well-played season which saw them rule the roost with a perfect 9-0 win-loss record.

"We feel really happy. These girls really worked so hard. They did their very best and worked as a team. They played good defense from the beginning so I believe that's what got us here today."

What made it more special is that GCA was able to take home the championship to their Navy Hill campus during the COVID-19 pandemic.

"It's really amazing that despite the year we were able to come back and play and the girls really appreciated it because the girls didn't have this for a very long time. I want to thank my players and our school, GCA, for continuing to support our sports programs," said Fabila.

Meanwhile, GCA's championship was bittersweet for Fatialofa and her younger sister, Alyana, as before the playoffs began their parents learned that their uncle, Charley, lost his battle to COVID-19. Their parents waited until the championship game concluded before telling them the bad news.

That's the reason why moments after receiving their medals and the championship trophy, the Fatialofa sisters were seen weeping in the middle of the basketball court. The sister said they're dedicating the championship to their uncle Charley and his wife, Kara, and to their three cousins—Rocky, Ocean, and Vinnie.

"We found out earlier that their uncle Charley (my wife's younger brother) who was fighting for his life with COVID in Nashville, Tennessee had passed. We didn't want to tell them until after the game," said their father Fred.

Azriel Fatialofa also thanked her coaches at Ol'Aces for helping her in her basketball development.

GCA 30 – Fatialofa 30, Regan 4, Torres 4.

FMS – Saralu 12, Nishimura 2.

Scoring by halves: 17-7, 30-12.

GAVIOLA

From Page 20

where the finish line was.

The 21-year-old Bohol, Philippines native finished the race in 1:06:56. He was followed by Northern Mariana Islands Football Association technical director Michiteru Mita who timed in at 1:11:11. Nap Dizon was a close third, crossing the finish line in 1:11:45.

"It was a hard race because even myself I didn't know I would get first place. I also only had only 1 1/2 hours of sleep the night before. In fact, I was just hoping I would be able to finish the race and prayed for safety not only for me but also for all participants of the race," he said in Filipino.

Gaviola also dedicated his first place finish in the Radar Challenge to his parents— Renato and Shelfa—and thanked The Bike Shop Saipan for sponsoring his cycling jersey.

While Gaviola battled lack of sleep the entire race, Felipe pedaled with a heavy heart as her daughter was involved in an accident just the night prior. She managed to momentarily block that out to rule the women's division in 1:15:28. She narrowly beat Kimiko McKagan and Robyn Spaeth who completed the course side by side in 1:15:47 and 1:15:48 to take second and third, respectively.

CONTRIBUTED PHOTO

Jay-Ann Felipe is flanked by Kimiko McKagan, right, and Robyn Spaeth after finishing first in the women's division of the "Radar Challenge" held early yesterday morning.

Felipe, who only started competitive biking a year ago, said she's happy that she was able to overcome the challenge of the Radar Challenge.

"It was very difficult racing when you have your daughter's accident still fresh in your mind. I really wasn't thinking of racing anymore but my friend and training partner, Joel Buco, requested that I still join since the competition is a fundraiser for his Guam trip at the end of the year," said the 39-year-old of Nueva Ecija, Philippines in Filipino. She later said her daughter is doing better now.

In the MTB category, Bobax Aguilar paced everyone in a time 1:29:55 with Romando Lagrio coming in second in 1:31:22. Renzo Avila completed the Top 3 in 1:34:19.

Proceeds from the Radar Challenge goes to the CNMI cycling team that will take part in Oceania Cycling Confederation's first-ever Pacific Cup and Tour de Guam on Dec. 12, 2021. Buco and Ayana Braxton topped the Pacific Cup tryouts held last August and they will be joined by men's runners-up Mark Isip and Cesar Fortaleza in the CNMI team.

Urías hits, pitches Dodgers past Giants to even NLDS series

PAGE 17

Saipan Tribune
Sports

Lady Eagles 1 secure No. 1 seed in HS v-ball

PAGE 19

Geckos nearly sweep 2021 cross country championships

MARK RABAGO

Runners in the high school division gallop at the start of the 2021 PSS/NMA Cross Country Championships a last Saturday at the old Saipan Country Club golf course behind Saipan Vegas.

By MARK RABAGO
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Saipan International School almost completed a sweep of the 2021 PSS/NMA Cross Country Championships after winning the boys and girls elementary and middle school divisions as well as gaining a perfect score in the girls high school category last Saturday at the old Saipan Country Club golf course behind Saipan Vegas.

Northern Marianas Athletics

» MHS surprises SIS in boys HS division

The Lady Geckos won the girls elementary division with 26 points followed by Saipan Community School's 47 points. Completing the Top 3 was Gregorio T. Camacho Elementary School with 59 points.

The Geckos followed the girls' example by also dominating the boys elementary division with 27 points. Tinian Elementary School was second with 24 points followed by third place Brilliant Star School with 69 points.

See GECKOS on Page 18

Lady Eagles rule middle school hoops

MARK RABAGO

Grace Christian Academy players pose with their medals and trophy with coach Leah Fabila and Northern Marianas Islands Basketball Association officials, led by president James Lee, after winning the championships of the IT&E Interscholastic Girls Middle School Basketball League last Saturday at the Marianas High School Gymnasium.

By MARK RABAGO
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The Grace Christian Academy Lady Eagles completed an undefeated season after crushing surprised finalist Francisco M. Sablan Middle School, 30-12, in the championships game of the IT&E Interscholastic Girls Middle School Basketball League last Saturday at the Marianas High School Gymnasium.

Behind the all-around game of center Azriel Fatialofa, the Lady Eagles were never really threatened and dominated the first half, 17-7, thanks to the 13 mammoth points of the 5'11" Fatialofa.

She would score 9 more points in yet another lopsided second half for GCA as the Lady Eagles coasted to the 18-point victory. Fatialofa led the 2021 private and public middle school hoops champions with 22 points, while Fiona Regan and Vanica Torres chipped in 4 markers apiece. The Lady Natibu Riders' futile stand in the face of Fatialofa and company were led by the 10 points of promising Rosie Saralu, who connected on two triples. Mickaenna Nishimura

See LADY on Page 19

Gaviola, Felipe top 'Radar Challenge'

By MARK RABAGO
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Ren Ren Gaviola and Jay-Ann Felipe were the fastest on two wheels during yesterday's "Radar Challenge" that the organizing Northern Mariana Islands Cycling Federation held as a fundraiser for this coming December's inaugural Pacific Cup and Tour de Guam in neighboring Guam.

» Aguilar wins MTB race

Gaviola was himself in disbelief that he won the grueling 27-kilometer race that started at the former Mariana Resort & Spa and proceeded north to Suicide Cliff before turning back to the Bird Island Lookout, then forward to Banzai Cliff, and on the old Pacific Barrier Radar station in San Roque

See GAVIOLA on Page 19

CONTRIBUTED PHOTO

Ren Ren Gaviola is flanked by Michiteru Mita and Nap Dizon, right, after finishing first in the men's division of the "Radar Challenge" held early yesterday morning.